

Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 48, Issue 5

July 2015



**27th Annual Andrew Spiller Memorial Challenge Ride & Picnic
25-July-2015; 7:00 AM • Dryer Rd Park, Victor (see pages 2-3)**



Members Mingle Report - Cindy Fleischer (see pages 9 & 10)

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Upcoming Events Summary

Cycling The Erie Canal Ride Leaders

July 13, 2015

11:00 AM

Sara Scott - Scotts@CityofRochester.Gov or
585-820-8860

Board Meeting

July 14, 2015

7:00 pm

Brookside School, S. Winton Road
Between 590 & Westfall Rd

Members Mingle

July 15, 2015

6:30 pm

The Back Nine Grill
3500 East Ave, Rochester

Flat Tire Clinic

July 19, 2015

7:00 pm

Christ The Good Shepherd Lutheran Church
1000 Winton Rd N

Andrew Spiller Memorial Picnic & Challenge Ride

July 25, 2015

7:00 am

Dryer Road Park
Victor, NY (see pages 2-3)

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:

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

President's Corner

Maps Director Appointed!!!: Long time RBC member Andy Melnyk is taking on the role of RBC Maps Director!!! Andy comes with a good deal of experience utilizing vector drawing software and creating cycling maps. Andy is in the process of obtaining all current map files and should be able to start updating existing maps and creating new ones for the club in the not too distant future. You'll be able to email Andy at amelnyk@me.com. Please join me in welcoming Andy to the RBC Maps Director role!!!



We're also pleased to announce that Brian Pack will be providing support to our club's Map Creation process. Brian has extensive experience with excel and is very interested in learning to create maps using vector drawing software. We anticipate that Brian will be able to assist with map set maintenance tasks while learning the map creation process. Welcome Brian and thanks for volunteering to help with this important club function!!!

Meetup!!!: Steve Riegel has advocated for our club to use our existing Meetup Group in a far broader manner than we have been. Whereas we've been posting only a small number of our club rides on our Meetup Group we'll be moving toward posting our full schedule on Meetup. The idea has gained traction with RBC's board and we anticipate roll out in the very near future. I'm excited – particularly about the increased ability riders will have to communicate with other riders about upcoming rides, etc. See Steve's announcement elsewhere in this issue for details.

Facebook Milestone!!! On June 16th the 500th person 'liked' RBC's Facebook Page. That person is being thanked with a free one year membership to our club. We're seeing ongoing growth in terms of the number of posts to our FB page, number of page visits, weekly total "reached," and persons engaged. Have something you'd like to share with club members? Why not post it to RBC's Facebook Page? And, by all means, check out our Rochester Safety, Advocacy, and Education Facebook Group. Get in on issues of importance to cyclists and all are welcome to join!

Announcements



Andrew Spiller 27th Annual Memorial Challenge Ride & Picnic

BREAKING NEWS ----- BREAKING NEWS

Many changes for riders at the Challenge ride this year!

First, the location of the Challenge Ride will be at Dryer Rd Park in Victor, July 25th

This will provide a setting with many Road Bike Routes and Mountain Biking at Dryer Rd. Park.

The Challenge Ride will operate from 7 AM Thru 8 PM enabling the ambitious riders to be out there racking up miles for 13 hours.

Two local Bike Shops have said they will bring Demo bikes for riders to try out. There may be more.

We will be collecting the following items for R Community Bikes:

Saddles, Mirrors, Reflectors, Lights, Bells, Horns, Pumps, Bags.

If you have any usable but unneeded above items bring them to the Challenge Ride for donation.

Entrance fee for the Challenge Ride is – Bring a dish to pass for the picnic at 2:00 PM. Due to limited shelter seating it may be good to bring a folding chair.

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, 25, 50, 100 or any number of miles during this daylong event.
- > You can challenge yourself to ride a little further than normal, of maybe even set a personal best for distance ridden in one day.
- > You come out to do a comfortable ride and socialize with other riders.

Continued on the next page >>>



Announcements

There are no other RBC rides scheduled except those at the Challenge ride on this great day for riding.

Once again this year the club will be providing hot dogs and condiments and we request those coming to the ride to please bring a dish to pass. We would like to gather for a picnic around 2 PM. After that you can go out riding again to work off those picnic calories.

Directions to Dryer Rd Park – Take Route 96 into Victor from either the east or west and turn south onto School Street, proceed about one mile to Dryer Rd and turn right and the park will be about $\frac{3}{4}$ of a mile on the left. The park entrance is well marked.

PICNIC

We will have the gas grill set up with a volunteer to cook the hotdogs. The Club will provide hot dogs, rolls and soft drinks and water. Of course if you are not into hot dogs, feel free to bring the meat of your choice to grill. Again the picnic will be about 2 PM.

History of the Challenge Ride

Andrew Spiller was a great long distance rider who was tragically killed when he was hit by a car during a very long endurance ride. Andrew was an RBC member and contributed to the club in many ways. The Rochester Bicycling Club has held this event for many years in memory of him. This would be a great day to come out and ride and honor Andrew. As a club, let us set a new rider attendance record this year.

If you have another ride that you would like to lead out of the park during the Challenge Day, Get some riders together and go for it.

A schedule for rides will be posted on the RBC website in mid July. We would like to have a variety of rides going out on a set schedule and these rides will need leaders. Maybe a ride to Naples, a new member ride, and a ride for new riders to ride in a group among others. We are trying to set up a short family ride in the 10 mile range. **Please volunteer to lead a ride.**

Volunteers Needed: We need to have some ride leaders for the Challenge Ride. If you are interested in leading a ride, please contact Bill Crowe at wdcrowe50@yahoo.com.

If you have any questions or suggestions about the Challenge Ride, please contact Bob Lechner at boblechner@aol.com.

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.

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

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.

7/9: Flat Tire

Books by Bike

RBC member Bruce Wilbur is involved in a very interesting program with the Monroe County Library system.

View this very interesting article here:

<http://www.brucew.com/blog/2015/06/look-ma-im-a-parade-float/>



Trying to stay upright and clipped-in at 2 MPH is harder work than you'd think. Especially when towing a library.



The Books by Bike trailer makes a nice kickstand to hold up Mr. Portland. What? You think I'd spend all day standing around in clipless shoes? What was in my panniers? Sneakers!

Announcements

Welcome To Our New Members through June 27, 2015

Alston Bozeman	Jeanne Pigage
Mary Kay Bradley	Barb Rehberg
Kelly Burton	Christine Rodriguez
Mike Ebadi	Craig Rodriguez
Joel Gluckstein	Dave Ross
Warren Hern	Edward Schmitt
Fraida Levinson	Michael Snyder
Steven Levinson	Ann Spargo
Barry Lukoff	Betsy Wilson
Brian McMullen	Jie Zhang
Don Nims	Betty Brayer
Deb Persia	Dolores Schock
Paul Persia	Jerry Wilson
	Chauncy Young

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.

Conkey Cruisers Bicycle Inventory Stolen

Since 2012, The [Conkey Cruisers Neighborhood Bicycling Program](#) has been giving free bicycles to residents to ride, but now their efforts to promote healthy living have been dashed due to a robbery, in which their premises was broken in to and the inventory of bikes, baby carriages and other items was stolen.

Read about the Conkey Cruisers Mission at this link:

<http://conkeycruisers.org/>

Please follow this excellent News Story:

<http://www.rochesterhomepage.net/story/d/story/conkey-cruisers-bikes-stolen/30368/-Uldrh9xWUe9UGqgAyoJqg>

Visit the RBC Facebook page for more detail on this issue:

<https://www.facebook.com/pages/Rochester-Bicycling-Club/248101861947154>

Visit Their Facebook page for more detail:

<https://www.facebook.com/pages/Conkey-/299036650194869?fref=ts>

As an Advocacy Bicycling Club, RBC is in the process of determining its' response and probable reaction in support of *Conkey Cruisers*.

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

Announcements

cycle the erie canal



Volunteer Opportunity

We are looking for ride leaders to help out with a scenic downtown ride as part of the **Cycling the Erie Event** on July 13th.

Volunteers will lead groups of bike riders from Genesee Valley Park to High Falls along the Genesee Riverway Trail. This is an optional 7.5 mile bicycle tour offered from the Rochester rest stop in Genesee Valley Park for the Cycling the Erie event. Tours are planned starting at 11:00 am and the last tour departs at 3:00 pm.

If you are interested in volunteering or have any additional questions please contact:

Sara Scott - Scotts@CityofRochester.Gov or 585-820-8860.



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

RBC rides are now on Meetup.com!

Now you can see who else expects to attend a ride, ask questions about it, or invite your buddies to join you! Ride leaders (and participants) can also provide updates on conditions or other last-minute changes as a ride approaches. Other benefits include reminders (if desired), and space for photos and discussions.

We hope this two-way communication further encourages folks to connect and come to rides and other events.

A reminder to Ride Leaders and Participants: With our new presence on Meetup it's likely that we'll be seeing more folks on our rides who are new to RBC. Ride leaders can help make someone's initial experience a more comfortable and rewarding one by asking whether there are new riders and, if so, introducing them to the group. All participants can help by being your natural warm welcoming selves and encouraging the new rider throughout the ride, as appropriate.

To join the Meetup group, go to:
www.meetup.com/Rochester-Bicycling-Club-Rochester-NY

Awards Banquet Request

The 2015 cycling season is underway so keep a lookout for something that would qualify for a Humor Award on those rides. Send your suggestions in confidence to me:

vhlink@frontiernet.net

We are looking for a volunteer to take over the 2015 Awards Banquet. I have been doing it for five years and it is time for a change.

If you are interested please contact me or any board member.

Finding and Printing RBC Maps

Most RBC members have been in this spot at one time or another: you thought you knew the route or would have buddies to ride with and something went wrong. You wound up alone on the route not knowing the next turn. Don't let this happen to you! Print and bring a map to every RBC Club Ride – you will be happy to have the reference during the ride.

There are three ways to find printable maps without owning a club CD:

A printable map is available online for very RBC ride that uses a club map. Go to the Club Rides app from the home page of the RBC website: www.rochesterbicyclingclub.org. Under "Quick Links" click "Club Rides App" or type dayrides.appspot.com into your browser. Choose the date of your preferred ride and click on the map number. A printable map pdf will appear.

Current paid RBC members can access the entire map set through the club website. Log in to the website, www.rochesterbicyclingclub.org and from the home page look under "Members Area" to click "Maps"

Or you can download the club CD: Log in to the website, www.rochesterbicyclingclub.org and from the home page go to "Members Area" and "Club Documents"



Ever have a Really Bad Day?

Announcements

RBC needs volunteers for two upcoming activities. 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%2FGOYHp3HOhGXP4tgctRzkCcuHMW64fq3u7SmdUeUB%2BTu%2F4%2FxtkkUvJxFytEtXeyw7KuLE8afSOuNlBk7OFp9RtFhgBtYW%2FJ1f8%3D](http://rbc.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipientCode=mSelcmM5%2FGOYHp3HOhGXP4tgctRzkCcuHMW64fq3u7SmdUeUB%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

"Scene" Along the Way



Alligator Warning!
And I thought dogs were a problem!



Three Presidents on a Curb

Rider Concierges Needed

Calling All Friendly Club Riders!

You're the rider who takes it easy as you roll along on your bike. Or you are the hardcore rider who needs a day of R & R this time around... a recovery ride. Either way, you want to enjoy the view and the company and aren't in a big hurry to get to the end of the ride. But above all, you are friendly and want to help other riders feel welcomed.

You are an important part of the RBC...and we could use your help.

Every year RBC picks up a couple of hundred new riders. These are riders who vary in biking experience and preferences, but they all have one thing in common with each other and with you. They've joined a bike club to ride with other people. They didn't join the club to haul their bikes to a ride start only to be dropped and ride solo. None of us did! We can all pitch in to welcome these new riders.

We're hoping you will become an RBC ride concierge. All you need to do is show up 15 minutes early at any club ride and tell the Ride Leader that you're offering to ride with others who are new or prefer a leisurely pace and ask him/her to introduce you to the group. It's not necessary to do so, but you might also mention the average speed you expect to maintain over the course of the ride. If you offer to be a concierge, you aren't responsible for changing flats or fixing mechanicals. You are simply a friendly face in the crowd.



Tell the Ride Leader You are a Concierge



Assure "No Rider Left Behind"

If you are feeling adventurous, please extend this welcome to your own rides. Post a slower paced ride on the club rides app.

Instructional videos can be found here: <https://rbc.wildapricot.org/Impromptu>.

Have you been there? Do you want to make their first experience a good one?

Questions about Impromptu Rides? Contact Pamm Ferguson at justpef@gmail.com.

Members Mingle Report - Cindy Fleischer

There were 80 people at the Member's Mingle Thursday night, June 11th. It was a really good mix of newer members, long-time members and a few guests not yet associated with the club. Lots of conversation and it seemed like most, possibly all, had a pretty good time. The group enjoyed the restaurant's beer, wine and mixed drink selection, and the room was comfortably sized for the crowd. Various attendees ordered food before, during and after the event. It worked out well.

Special thanks to Mark Robbins, Sara and Bill Ture, Bob Lechner and Whitey Link for the hands-on help and to all the long-time members who came and chatted it up with those new to the club. The club got a big thumbs up from some of the newer people for its friendliness.

There is another Mingle planned for 6:30 PM on Wednesday July 15 at the Back Nine Grill. It's free of charge and you can register here: <https://rbc.wildapricot.org/event-1905405/Registration>

Event pictures

courtesy Cindy Fleischer



Continued on the next page >>>

Members Mingle Report - Cindy Fleischer

Event pictures

courtesy Cindy Fleischer



What to Know About RBC Ride Leaders

Besides being terrific volunteers who keep the club *rolling*, ride leaders and riders need to know that Ride Leader duties vary according to the type of ride they are leading. Note: for all RBC rides, riders should make every attempt to bring their own map to each ride to be sure they stay on route because Ride Leaders typically bring only a few extra maps. Maps can be printed from the Club Rides App.

Calendar Rides (no specific designation, the bulk of RBC's calendar)

Ride Leaders arrive 20-30 minutes early to the ride start, sign in riders using a club ride log, a pen and clipboard they have brought, ask if there are riders new to RBC so others can welcome them, informs the group of any known hazards or detours and reminds riders of careful and courteous riding habits. The ride starts and the Ride Leader's duties are done except for mailing the ride sheet to the statistician. Everyone rides out of the parking lot and the group naturally breaks up into smaller groups and single riders. If you are new to RBC, please note that riders may or may not end up riding with another person.

Slow & Easy Rides

Similar to Calendar Rides except that riders enjoy a slower pace (generally between 8 – 12 mph average) and typically stay together as they ride. The routes are less difficult than most other RBC rides and the Ride Leader rides in the back of the group assuring riders that they will not be the last rider on the route. Riders new to the club who are unsure of their average ride speed are encouraged to join Slow & Easy rides.

Sweep Rides

Again, similar to Calendar Rides except the Ride Leader is committed to riding with the slowest rider so no one is left behind. Sweep ride routes are typically more challenging than those selected for Slow & Easy rides and riders should be comfortable riding in the 12-14 mph average range. Riders will naturally break up into smaller groups or singles but will be assured that the Ride Leader is behind them on the route.

Impromptu Rides

Ride Leaders post these rides themselves a day or more in advance of the ride using the Club Rides App. These are the only club rides that indicate average speed for the ride. These are typically "no-drop" rides. In their pre-ride talk, Ride Leaders remind the group to wait at major intersections and turns till all riders catch up. Exceptions are made for riders who want to ride faster or slower than the posted speed. They are welcome to join these rides, but they should let the Ride Leader know that they will not be waiting at turns with the group or, in the case of slower riders, that they do not expect the group to wait for them.

For more information, members are encouraged to read these documents:

https://rbc.wildapricot.org/Useful_Info

Coming Close to a Big Winner! -Cindy Fleischer

We won't disclose just HOW close we are, but we promise that the 500th Impromptu Ride will be posted this summer. So join the fun – it's easier than you think, and you may be a lucky winner! Become an Impromptu Ride Leader.

Details on the contest in a second, but first, here's some information on Impromptu Rides...

Say you want to ride on a particular date around a certain time and no posted ride meets your criteria...post your own impromptu ride!

Suppose you want to ride a certain distance on a particular date and no posted ride meets your criteria...post your own impromptu ride!

A certain day fits perfectly into your schedule, but you want a hilly ride, or a flat ride or some other criterion, and none is posted...post your own impromptu ride!

Get the drift? All RBC members are invited to post Impromptu Rides. Check out how and get going!
<https://rbc.wildapricot.org/Impromptu>

Impromptu Rides were created to offer assurance to riders who participate. There is an agreed upon average speed which is included in the ride posting on the Club Rides App. This is done so riders who wish to ride with a group can be assured that the group will ride at a particular average speed over the course of the route and individual riders will not be dropped. This also allows socializing at the end of the ride, another aspect of impromptu rides, since riders finish together. On the other hand, riders who know they ride faster or slower than the posted speed are always welcome to come on any Impromptu Ride and ride at their own pace. This is a good option for people who enjoy riding solo but want the interaction with club riders at the beginning of the ride.

One last thought: if you like leisurely rides we encourage you to post your own Impromptu Rides at 8-10 or 10-12 mph. This will give you and your riders a chance to enjoy the scenery at a pace that is comfortable for you. The RBC gets a couple hundred new riders every year and some of them leave the club because they get dropped and they are frustrated. They want to ride with other people at a comfortable speed! If you like leisurely rides, you are in a wonderful position to welcome new members. Please become an Impromptu Ride Leader and post some rides.

<https://rbc.wildapricot.org/Impromptu>

Continued on the next page >>>

Coming Close to a Big Winner! -Cindy Fleischer

Impromptu Ride Contest - Four separate winners, one in each category.

The prize for each of the winners of 1-3 below is a free 2016 RBC membership!

- 1) The RBC member who signs up to be a **new impromptu leader** in 2015 and posts closest to the 500th ride without passing the date of the 500th impromptu ride.
- 2) The **impromptu leader who has led rides prior to the 2015 season** who posts closest to the 500th ride without passing the date of the 500th impromptu ride.
- 3) The **calendar ride leader** who leads the (non-impromptu) ride closest to the 500th ride without passing the date of the 500th impromptu ride.

The prize for the lucky leader of the actual 500th Impromptu Ride will be a free 2016 RBC membership and an RBC club jersey!

C'mon and join the fun! <https://rbc.wildapricot.org/Impromptu>

Combination Impromptu Rides

An alternative to coming to a group ride and riding solo might be to post a "combination ride." These rides allow riders of different average speeds to combine at the end of the ride for group social interaction like a tailgate, a picnic or a meal at a local restaurant.

This can be accomplished by:

- Different length cuts of one route
- Different routes with the same starting point
- The same route with different starting times

If you see an Impromptu Ride posted, but the average speed is faster or slower than you like to ride, create a combination ride of your own by adding your ride to the calendar!

May Ride Stats Report

Brad Jensen

	2015	2014	%Diff
Rides	81	94	-14%
Riders	798	948	-16%
Miles	26948	33738	-20%

June Ride Stats Report

Brad Jensen

As of June 12th there have been 108 reported rides. Fourteen rides had no riders, which is over double compared to previous years. Nine ride sheets are outstanding. A total of 1052 riders, consisting of 244 individuals, have so far accumulated 35,929 miles. That is about 10% lower than this time last year. Poor spring weather and a significant number of usually active riders going to Europe this spring were contributing factors. Impromptu rides made up about 10% of the total # of riders and miles.

Participating riders have averaged 4.3 rides and 147 miles so far. Each non-rain-out has averaged 9.7 riders. 35 people have done 10 or more rides and one person has done 20 or more rides. No one has hit the 1000 mile mark yet, but one is very close. We have had 75 first time riders so far this year, many of whom are non-members.

Only the Lima-Wayland ride on May 24, has had 25 or more riders so far this year.

Ride leaders are reminded to mail in their ride sheets within 2 weeks of the ride and to complete the weather conditions rating. Even if the ride is rained out you need to return the ride sheet, or at least email me to let me know.

RBC Trip to Mallorca, Spain - Cindy Fleischer

The First of a Two Part Series



The Participants

Front Row: Bill Ture, Monica Guenther, Tammy Schueing, Sara Ture, Les Eisenberg

Second Row: Dan Katz, Isabelle Kaplan, Cindy Fleischer, Jocelyn Eisenberg

Back row: Mark Robbins, Wayne Schueing, Tim Guenther, Randy DeBrine, Andy Melnyk, Sam Kaplan

Attending but not in picture: Steve & Kathy Riegel, Jere Fletcher, Amy Quate, Charlie & Kathy Woodcock, Sylvie Kimchie, Caryl Baron, Judith Tripp, Anne & Ben Cowan, Tyler Clinch and a few others.

More than twenty RBC members met in Mallorca, Spain this past spring for some magnificent cycling. Their visits ranged from one to two weeks long.

Mallorca (also called Majorca) is the largest of the Balearic Islands, its 310-mile-long coastline a draw for millions of sun worshipers every year. But there's more to Majorca than beaches. Thousands of cyclists, including professional teams from around the world, train in Mallorca or arrive, as we did, to enjoy the riding, scenery, weather, local culture, ancient villages and architecture. And let's not forget the delicious "jamon" and tomato sandwiches, the excellent coffee and almond cakes or the daily post-ride gathering at the infamous Bar Hawaii!

The road infrastructure is incredibly cyclist-friendly and cars and bikes coexist in sweet harmony. The island's terrain offers all kinds of cycling, from flat to mountainous with miles long switchbacks typically in the 5 – 8% incline range. Some of the down-hills have been called the sweetest on earth. Those of us who were there would not disagree. The "camis" (or narrow lanes) meander past hand built dry walls that separate the roadway from flocks of sheep with large clanging bells around their necks. The melody of the bells is sometimes a surprise, and always a welcome delight!. Goats wander through the woods and at times on the road as do the farmer's free-range chickens. The scent of orange and lemon blossoms and fruit alternately fill the air with the scents from fields of ripening artichokes and onions. Ancient olive and almond trees nestle in groves along the roads and the Mediterranean sparkles off shore. It is really quite beautiful...a bicyclist's dream come true!

Next Month we will feature another Article with photos from others who attended. Enjoy!

Continued on the next page >>>

RBC Trip to Mallorca, Spain - Cindy Fleischer (cont'd)



Loving the Ocean View



Some of the Ocean View



More of the Ocean View



Part of the gang



Lunch Together



A Villa Doorway



Leisurely Biking Down the "camis"



Loving the Ocean View

reprinted from the May 1986 RBC newsletter (vol. 18, #3)

ALMOST

There was a slight pain in my neck and my back.
My triceps felt like they'd been stretched on a rack.
My legs said: "I've done all I can for today."
"Don't expect me to climb stairs or move fast." "Okay?"
I finally hit the showers, and the water felt just right,
until it found the place where my saddle took a bite!

I made it through the workday, never falling asleep.
For being so tired, that was quite a feat.
After work I pedaled home with my pains and aches,
swearing to forsake, what the sweet tooth fairy bakes.

I could tell you about the second day
which hurt more than the first.
But most of that has faded now.
I think I've seen the worst.
The climbs seem a bit easier,
and the winds aren't so strong.
I know you won't believe this,
but my seat and saddle get along.

By now you've probably started,
but by chance you haven't yet.
Just remember those first few rides
might hurt but don't forget.
All that hurt will be displaced
with a new outlook and more.
Besides, between your skin and clothes
there will be space galore!!!

Don Oosterveen

April 4, 1986

WHERE TO RIDE ON THE ROAD

We've all seen bicyclists who wander from left side to right, who go from the sidewalk to the street and who weave in and out between parked cars. From moment to moment, nobody can tell what these bicyclists are about to do. Pedestrians jump back, and car brakes squeal as such bicyclists approach.

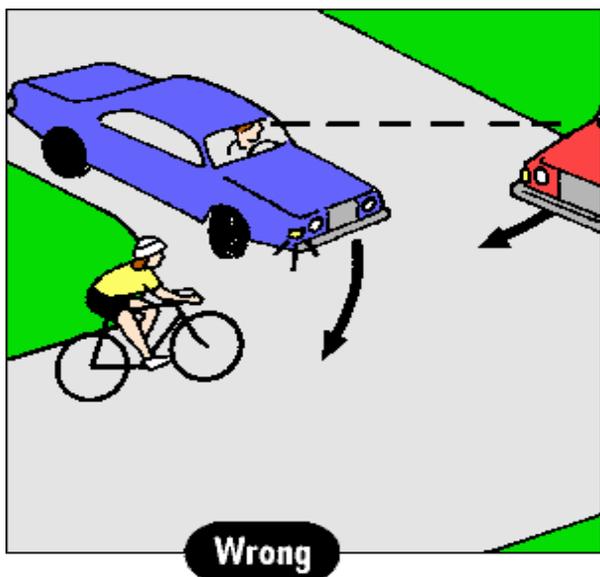
On the other hand, we've seen bicyclists who seem to blend into the traffic flow smoothly and effortlessly. You always know where they are headed and what to do around them, whether you're on a bicycle, in a car or on foot. They make bicycling look easy - but aren't they taking a risk? Isn't it safer to avoid the traffic as much as possible?

PART OF THE TRAFFIC PATTERN

With very few exceptions, **the safest way to ride is as part of the traffic**, going with the flow of the normal traffic pattern. Bicyclists who ride this way get where they're going faster and, according to scientific crash studies, have about five times fewer crashes than bicyclists who make up their own rules (J. Forester; Effective Cycling. Cambridge, MA, MIT Press, 1993).

Generally, the more you follow the normal traffic pattern, the safer and more predictable you become. The rules of the road set up a pattern for every situation, telling which driver has the right of way. may go and which one must wait. With very few exceptions, bicyclists have the same rights – and responsibilities – as motorists. Sometimes you have to wait for other drivers - for example, at a stop sign - but sometimes they have to wait for you.

In this way, the rules of the road protect you by making it clear what you're going to do next.



Intersection collisions are the most common type caused by wrong-way riding. The motorist in the side street is looking left, where the traffic normally comes from.

If you ride in violation of the traffic laws, you greatly increase your risk of a crash. You also may give up your rights to compensation for your injuries. If you get into a crash this way, the courts will almost always find that it was your fault!

Riding right begins with riding on the right. Then you are where other road users will look for you, and you can ride predictably.

Some cyclists fear being struck from behind and think they're safer on the left. But rear-end collisions are actually rare, and riding on the left is one of the biggest causes of car-bike crashes.

If you ride on the left, drivers and pedestrians about to pull out from side streets and crosswalks will be looking away from you – in the direction traffic normally comes from. As a result, collisions at driveways and intersections are a major hazard for wrong-way riders.

Blogs & Stuff

Brian Managan - <http://bcmbike.net/> "Bike Roots" Life behind bars

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

[***New Orleans to Tallahassee***](#)

A new link each month!

Granite State Wheelmen

Pedal Talk On-Line Edition

<http://www.granitestatewheelmen.org/PT/May-June%202015-PT.html>

Dear Rochester Bicycling Club,

The July-August 2015 issue of the Granite State Wheelmen's Pedal Talk e-newsletter is now available on-line for all members who requested electronic delivery.

Please click the (shortened) link below to view the complete GSW ride schedule by day or scroll through the complete newsletter. This link to a special page on our web site will remain active for at least four months so please retain this email or "bookmark" the URL for future reference. <http://bit.ly/1TVMidl>



Genesee Riverway Trail

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 River and Trail Guide](#) (pdf)

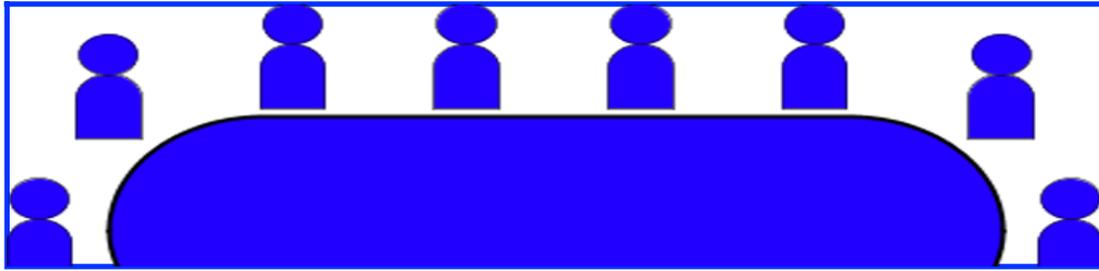
NYS Office of Parks, Recreation & Historic Preservation

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***

Board Meeting Minutes - Bill Crowe



RBC Board Meeting Minutes: May 12, 2015

Present: Mark Robbins, Whitey Link, Richard DeSarra, Brad Jensen, Dave Natrop, Cindy Fleischer, Andy Stewart, Elaine Mizzoni, Bill Crowe, Sara Ture, Bill Ture, Chris Basak

Guest: Bob Lechner

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

Approval of minutes for April 7, 2015 Board Mtg: The meeting minutes were approved with no changes.

Committee Reports:

Membership Report from Cindy:

Current active memberships:

205 Family
299 Individual
 22 Life
526 Total

Overdue memberships:
81 Family, 143 Individual

Memberships paid in April 2015:

Individual
New \$180
Renewals \$260

Family
New \$260
Renewals \$185
Total: \$885

Total for 2015 season thru April: \$8,625
Same period in 2014 season: \$10,063

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Education Report from Andy:

Clinics- Two more clinics have happened. Flat Tire and All About Your Bike. 9 attendees collectively. They seemed to go smoothly with the flat Tire having a number of teachers to make the teacher/student ratio low, an important aspect to insure everyone got full attention. The All About Your Bike had Chris Basak presenting on Garmin, GPS tracking and hardware options for on bike use.

Ride of Silence Report from Andy:

Publicity media contacts and attempts have gone with no success. One last round of contacts will be made with the big TV and newspaper outlets. Another mass list emailing has been sent out listing some guide lines and cheer leading. Confirmation Emails to specific support people have been sent out with some replies, all on board so far. Sign up sheet finalized. Actual event volunteers are being contacted.

Advocacy/Safety/Education "Forum" Report from Andy:

We opened up the Facebook page to all board members as a half step before going fully public. Now we are open to the public and have about 75 members.

President's Report from Mark:

Volunteer Recruitment:

All set for ADK Expo.

Placing finishing touches on plans for "manning" RBC tables for Spokes & Ink and Lehigh Valley Trail Fest.

Several additional volunteers recruited for Tour de Cure rest stop.

Will begin recruiting for volunteers for MVP Baby Boomer Expo. On 10/4/15

Vacant Directors Positions:

Recruitment Notice placed in May Newsletter for Maps and Publicity positions. Still no volunteers for vacant Publicity position. Andy Melnyck interviewed regarding maps coordinator position on 4/9. Myself, Brad, and Ginn were present. Andy identified that he'd need to further explore software and hardware issues that would need to be resolved in order to make taking the position feasible. Andy reports making significant progress and will advise shortly as to whether he's able and willing to take on the position.

Challenge Ride: Had phone contact with M. Benzique on 5/5 re: possible liability issues with inviting non members to Challenge Ride. Also had contact with Ins. Company that date on same issue. Informed board of these contacts via email on 5/5.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Treasurer Report from Dave:

Balances:

Checking: \$10,659.50

PayPal \$0

Investment Account: \$21,192.29 (4/30/2015) – updated after the meeting

Significant Expenses:

Website hosting \$1,080

Newsletter Report from Dale:

All is well, and at least one extra Article appeared in the May Newsletter.

Let's try for another Article from someone (with pics if at all possible).

I will print any and all Reports sent to me as a result of the May Board meeting.

Challenge Ride Report from Bob Lechner:

We have two bike shops signed up to be at the event with demo bikes.

We have a volunteer for the hot dog cooking.

We have a volunteer to take care of the poster.

We still need someone to coordinate volunteers to lead rides at the CR.

Depending on our discussions on Tuesday I have a draft article for the newsletter ready to go out or I will revise it after the board meeting.

Old Business:

Use of Investment Account Funds:

Mailing of the request for proposals to the possible funding recipients has not yet occurred. The committee plans to meet one more time before that occurs.

Member Mingles Update:

June 11 is the date for the first event. Board members should consider any material they would like to be handed out to attendees and let Cindy know.

Cindy plans to send out an email to new members and a different email to the rest of the membership about this event.

Cycling Safety/Laws/Advocacy Forum Update:

The Facebook group is now open to the public and has about 75 members.

Publicity Update:

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

The position is still not filled.

However, all related activities requiring volunteers have been staffed at this point. This includes the Tour de Cure rest stop, Lehigh Valley Trail Fest, ADK Expo and Spokes and Ink.

Vacant Board Positions:

As stated above, the Publicity position is not filled. There are currently no candidates.

The Maps position does have a candidate who has not committed to taking the position as yet. Mark hopes to hear from this candidate soon.

Challenge Ride:

Bob has decided not to rent a tent. Instead, the existing pavilion at Dryer Park will be supplemented by the Club's canopy and other similar canopies. The large tent would have cost \$400 and required a \$50 permit from the town of Victor. Also, space would have been tight for its placement.

Volunteers include Randy DeBrine to cook hot dogs, Bill Ture to create the poster, and Bill Crowe to recruit ride leaders.

The Board approved spending up to \$400 for this event. Costs include the park permit, food and drink, and printing of a poster to advertise the event.

We will collect member-donated bicycle parts for R Community Bikes at the event.

New Business:

R Community Bikes Donation:

RCB has acquired the saddles they had previously requested but they do have an ongoing need for bicycle parts which, as stated above, will be collected at the Challenge Ride. Also, they are looking for a new larger location at a bargain price. Anyone who has real estate contacts who may be able to help should contact Richard DeSarra.

Impromptu Rides: Speed Designation:

As Kathy Riegel could not be present and she had raised this issue, this item was tabled.

Wild Apricot Price Increase:

Wild Apricot, the Club's web site host, has announced a price increase effective for the Club in May 2016. They offered clients the option of prepaying for one or two years at the current price to avoid the increase for that time period. The savings would be \$324 per year. The current price is \$1080 per year versus \$1404 for the new price. Based on the Board's strong satisfaction with Wild Apricot and the current web site, Wild Apricot's stellar reputation and its apparent financial stability, the Board approved prepaying \$2160 now for two years to avoid the price increase.

Inviting Others to Challenge Ride:

A discussion of the possibility of liability issues incurred by inviting other cycling clubs and the public to the Challenge Ride took place. Based on the advice of the Club's attorney and on Dave Natrop's explanation of the Club insurance policy, the Board was convinced there is no risk to the Club. As a result, the Club will be inviting other local cycling clubs and the general public to the Challenge Ride.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Policy Revisions:

Three of the Club policies were discussed.

Policy #1 states: "The Treasurer will prepare a budget each October for Board approval."
In actuality, this has never been done throughout the history of the Club. The Board felt the current procedures are working well and this is not necessary. The Board voted to rescind the policy.

Policy #6 states: "The Board must pre-approve all expenditures of the Club."
The Board feels that this is overkill. It is felt that certainly some expenditures need to be pre-approved. However, it is also felt that many non-discretionary expenses and most trivial expenses need not be. The Board voted to rescind this policy. Mark, Dave and Elaine will draft a replacement policy.

Policy #5 states: "The Club does not sponsor club members or non-members participating in any organization's bicycle charity or racing event."

Policy #5a was proposed to supplement Policy #5. This reads as follows:
The Club, with Board approval, may financially sponsor events, including but not limited to bicycle charity rides or bicycle races, that meet the Club's mission.

This was proposed to guide the Board in situations such as it faced very recently regarding financially sponsoring the Twilight Criterium.

The Board voted to approve this new policy.

Erie Canal Ride High Falls Option:

The City of Rochester offers riders on the Erie Canal Tour optional rides to High Falls as they arrive at Genesee Valley Park on July 13th. Club members are asked to consider volunteering to lead these rides.

Next Meeting: The next board meeting will be held at 7PM on June 9, 2015.
The meeting was adjourned at 9:00.

Minutes submitted by Bill Crowe, Secretary



Member 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."

For Sale

Saris 2 bike hitch rack.

\$50

Todd Calvin
314-7432

tcalvin001@hotmail.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

Asking \$1,100 / OBO

Member Want Ads

For Sale

Cannondale R1000 -Very Low mileage

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Triple Crank
- > All **Ultegra** Components
- > 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



For Sale

**Thule Dual Bike Rack & Deflector
with foot kit for 2007 Prius**

\$300.00 or fair offer

Dale Vanocker: 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

Savage River C1 Canoe

- 16ft, 2in
- Max width, 29 1/2 in
- Width at gunnel, 22 3/4 in
- Carbon/Kevlar
- All up weight 25lb.

- Adjustable seat
- Foot brace
- 2 water bottle holders
- 2 spare paddle holders
- Wood trim gunnel
- Weed deflector
- \$1500

ARTVON@aol.com



2015 Board of Directors

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

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Treasurer

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LAB Touring

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