# Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 50, Issue 6 August 2017

## Seen at the Challenge Ride - "I Win!"

# In This Issue


| | |
|---|---|
| *Seen at the Challenge Ride - "I Win!"* | *Cover* |
| In This Issue | i |
| Ride Chair News | 1 - 2 |
| Membership Chair News | 3 |
| Challenge Ride Report | 4 - 5 |
| Challenge Ride Historical Data | 6 |
| NYBC 25th Anniversary News | 7 - 9 |
| New League Certified Instructor Lori Burch | 9 |
| July Ride Stats | 10 |
| Volunteers Needed | 11 |
| Bike Fest Report | 12 |
| Cycle for Life - Cystic Fibrosis | 13 |
| Grand Fondo | 14 |
| Rochester Criterium | 15 |
| Bike to Work | 16 |
| Blogs | 17 |
| May & June Board Minutes - TBA | 18 |
| Want Ads | 19 - 21 |
| 2017 Board of Directors & Coordinators | 22 |


# Upcoming Events Summary

Board Meeting
14 Aug 2017 6:30 PM
Legacy, 40 Willow Pond Way, Penfield, NY 14526

Rochester Twilight Criterium and Grand Fondo
19 Aug 2017 1:00 PM
Downtown Rochester

Board Meeting
11 Sep 2017 6:30 PM
Legacy, 40 Willow Pond Way, Penfield, NY 14526

2017 Volunteer Dinner - Hold the Date
18 Nov 2017 6:00 PM
Glendoveers, 2328 Old Browncroft Road

# The Flower City Cyclist

## Our Mission:

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


This Newsletter is published by the Rochester Bicycling Club in 10 issues, as scheduled below.

| ***Month*** | ***Submission Deadline*** | | ***Issue #*** |
|---|---|---|---|
| • 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 for this newsletter through this WEBSITE LINK. These 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

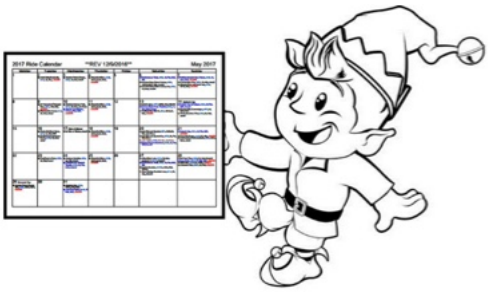
Note: Members may place bicycle related classified ads at no charge. See the RBC Website for complete details.

### *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

## Ride Chair Corner - August 2017



Spring was our wettest since 1873 and summer has been hit and miss, but for rides where rain was not in the forecast, attendance has been great! This provides a nice diversity of riders, which makes it easy for those new to riding with RBC to find others of similar riding speed and style.

With our riding season in full swing, here's a reminder of a few things to stay aware of this season:

Ride Start Time Changes

Keep your eyes on Meetup for possible start time changes due to weather. It won't happen often, but if a ride can be "salvaged" by moving it a few hours (earlier or later), Meetup is where you will see the change. If you RSVP, you will get immediate notification. But you'll also see it if you look at Meetup more frequently when the weather is "iffy".

Ride Leaders: Make sure to post a note on Meetup about such changes. Also send an email to rbcrides@gmail.com, and we will ensure it is prominently displayed in the title.

RideWithGPS (RWGPS) Turn-by-Turn Navigation

Many of us are hearing smartphones call out turn-by-turn directions on rides. What's doing that? Can I have it too? Yes!! This premium capability is available for RBC club members as part of our RideWithGPS Club Account. Follow this invite link to get going.

If you are not already a RideWithGPS user, you only need a basic account to start (free). Then, the RBC RideWithGPS club account provides upgrade to the premium features for RBC maps. More info about using our RWGPS routes is available here.

Evening Rides

The popular Wednesday evening Mendon rides are drawing a large and diverse crowd, with lots of pre/post-ride mingling among all types of riders. The good location and route has made Wednesdays at Mendon a local tradition. In addition, S&E rides run each Wednesday evening in varied locations.

But wait ... there are Tuesdays and Thursdays, too! On those nights, RBC has great rides that are *also* suitable for a wide range of riders, not just the "fast guys". We think these rides can also become more diverse, but the trick is to just ***GO* to them!** Most folks know several others that ride their speed & style. Get a few together and then communicate on Meetup that you are going and riding at a moderate pace. Others will join in as a result.

Thursday evening has an additional wrinkle. The Show & Go routes are beautiful evening rides, but the start location is a turn-off for some, especially at rush hour. We've thought about this a lot, and believe that a second starting location at Penfield Public Library on Baird Road will help. We added this info to the Show & Go entries

# Ride Chair Corner - Steve Riegel

on Meetup. If you plan to start there, please post on the Meetup for that ride and bring a sign-in sheet. Return from the Show & Go routes by staying on Jackson Rd to Whalen and then Baird. You'll probably be visited by the Browncroft start folks a couple times along your ride!

Rides have often been added on Monday evenings, and many members have enjoyed them. There's always Friday evenings too..a nice way to unwind from the week, and a great spot to add a ride if Saturday will be a washout.

Thanks to all of you for making the club what it is!

## Ride Pics

# Membership Chair - Kathy Riegel

## Welcome to our New Members through July 26, 2017

Derek Backus
Colette Backus
Devin Backus
Chris Brown
Miki Campbell
Laura Church
Terry Cusker
Julie Cusker
Richard Dimarco
Allison DiMarco
Nick Embesi
Richard Glaser
Christine Johnson
Denise Kenyon
Scott Ladin
Ed McCarthy
Ron Medina
Juanita Medina
George Orosz
Ronald Pratt
Adam Reitz
Matt Rieck
Deborah Sanders
Walt Sanders
Steve Sanow
Sditya Shetty
Scott Tripler
Stephen Trotta
Jonie Trotta
Gina Trotta
Stephen Trotta Jr
Steve Van Slyke

## 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 the bike and the rental agreement can be found on the website:
https://rbc.wildapricot.org/MoreRBC.

To rent the cases contact Beth Johnson email:

dr.j.4992@gmail.com

# 2017 Andrew Spiller Memorial Challenge Ride and Picnic

On Saturday, July 22nd, 73 RBC Members gathered at the East Lodge at Mendon Ponds Park and enjoyed RBC's annual Challenge Ride and Picnic while celebrating our Club's 50th Anniversary! The last time we had attendance this high was over ten years ago and it was great to see so many newer members among those attending.

Four scheduled Rides took place in the morning – a 50 mile ride, a 50 km Ride and two 25 km rides. All routes were newly created for this year's event and they drew a number of very positive comments! Many continued to enjoy riding after lunch. Greg Turner again earned High Mileage honors, logging 81 miles!

Memorabilia from our club's 50 year history compiled by Todd Calvin was on display for folks to enjoy. Thanks, Todd!

All gathered for our Picnic Lunch after the morning rides. Brian Dahl and Eddie Eckert did a great job as Grill Masters. The hot dogs were great as were some additional grilled delights provided by Bob Kirby and Joan Hoover! A special 50th Anniversary Cake was enjoyed by all as were the many dishes contributed by participants.

Steve Lee provided a Flat Tire Clinic after lunch and a dozen members participated in a Slow Race on a course laid out next to our lodge.Joel Benzing, with the capable assistance of daughter, Julia was the Slow Race Winner!! The Winner's prize was a free 2018 RBC Membership.

*Continued on the next page >>>*

# 2017 Andrew Spiller Memorial Challenge Ride and Picnic

Last, special THANKS go out to the many volunteers who made this year's event a success:

| | |
|---|---|
| Ride Leaders: | Paul Knerr, Greg Kerr, Dave Ennis, and Gary Butterfield |
| Memorabilia: | Todd Calvin |
| Set Up: | Mike Vargo |
| Grill Masters: | Brian Dahl, Eddie Eckert |
| Slow Race: | Monica Guenther |
| Flat Tire Clinic: | Steve Lee |
| Clean Up: | Gary and Lisa Butterfield, Ann & and Steve Lee and Whitey Link |
| New Routes: | Steve Riegel |
| Maps: | Brian Pack |
| Volunteer Recruitment and Publicity: | Kathy Riegel |
| All Around Awesome Support: | Brad Jensen |

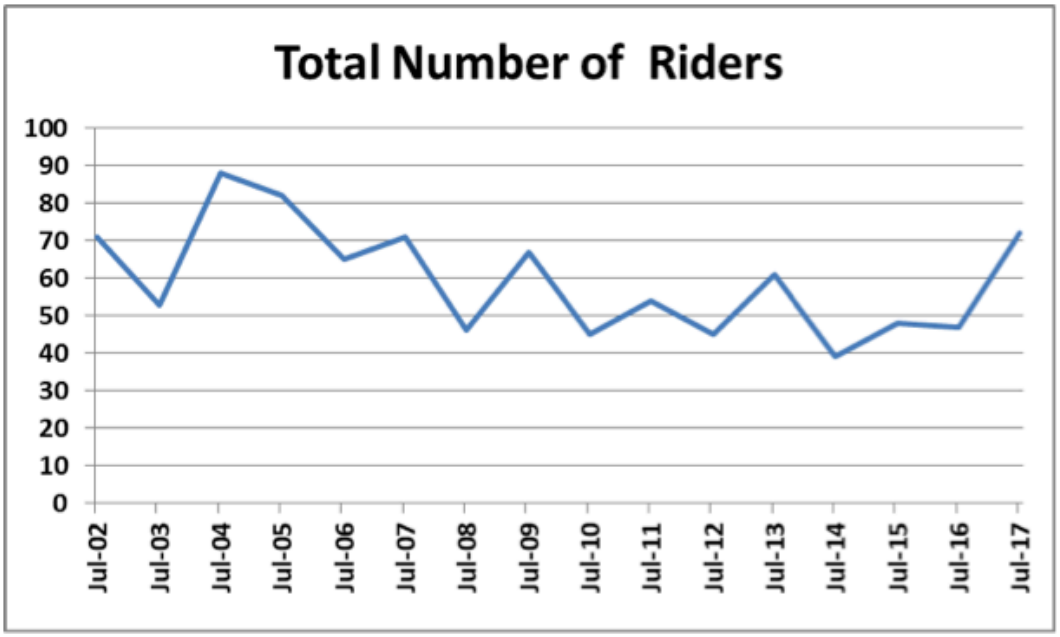
*Mark Robbins*

***Additional Photos may be uploaded on [Meetup]***

## The Challenge Ride – A Statistical History

The Challenge Ride & Picnic has been run since 1989, but I only have good statistics from 2002 onward. I gleaned some information from early newsletters that there had been 200 or more attendees in the early 1990's. Endurance riders from all over the Northeast came to the event to ride for 24 hours. I remember a good size group going out for the night loops and most years 1 or more people racked up well over 200 miles.

| # | Date | Location | # Riders | Total Miles | Avg mi/rider | # >= 100 miles | High Miles | High Miles |
|---|---|---|---|---|---|---|---|---|
| 14 | 7/20/2002 | Farmington | 71 | 4533 | 63.8 | 14 | 250 | Dave Dilliplane |
| 15 | 7/12/2003 | Farmington | 53 | 2854 | 53.8 | 8 | 120 | Chris Brown |
| 16 | 7/17/2004 | Farmington | 88 | 5622 | 63.9 | 19 | 250 | Don Ciccone |
| 17 | 7/16/2005 | Farmington | 82 | 4972 | 60.6 | 16 | 150 | Don Ciccone |
| 18 | 7/15/2006 | Farmington | 65 | 3006 | 46.2 | 5 | 142 | Sara Ture |
| 19 | 7/28/2007 | Farmington | 71 | 4196 | 59.1 | 16 | 211 | Dave Lamb |
| 20 | 7/26/2008 | Farmington | 46 | 2571 | 55.9 | 7 | 139 | Kevin Hill |
| 21 | 7/25/2009 | Farmington | 67 | 3768 | 56.2 | 8 | 186 | Rob Hoppough |
| 22 | 7/24/2010 | Farmington | 45 | 2751 | 61.1 | 7 | 411 | Wayne Panepinto |
| 23 | 7/30/2011 | Farmington | 54 | 3041 | 56.3 | 9 | 348 | Wayne Panepinto |
| 24 | 7/14/2012 | Farmington | 45 | 2371 | 52.7 | 4 | 200 | Lance Whitbeck |
| 25 | 7/27/2013 | Farmington | 61 | 3164 | 51.9 | 6 | 212 | Lance Whitbeck |
| 26 | 7/19/2014 | Farmington | 39 | 2243 | 57.5 | 6 | 107 | Otto Muller-Girad |
| 27 | 7/25/2015 | Dryer | 48 | 1623 | 33.8 | 0 | 88 | Otto Muller-Girad |
| 28 | 7/23/2016 | Mendon | 47 | 1722 | 36.6 | 0 | 90 | Greg Turner |
| 29 | 7/22/2017 | Mendon | 72 | 2890 | 40.1 | 0 | 81 | Greg Turner |



# 25 Years of NYBC (and still going)

**Your voice for a more bicycle-friendly New York State since 1990**

***(an informal and undoubtedly incomplete history of our statewide advocacy organization)***

*As we speed past our twenty fifth year, and before a few of us who have been around for a while are permanently off the end of the peloton, we thought it would be fun to try to assemble a history of NYBC.*

**NYBC Volunteer Era – 1992 to 2000**

According to one of our Founders, Ivan Vamos (current Board Member Emeritus), it all started with The Chain Gang, a group of mostly (bike riding) state bureaucrats (Lou Rossi, DOT; Dave Wilcox, DOH, Ivan Vamos, OPRHP) who began to meet monthly around 1990 to discuss how impending federal transportation legislation (eventually ISTEA) might impact New York State to support an expansion in existing bicycle and pedestrian infrastructure and activities.

Joined over beer and pizza by leaders like Al Cannistraro and Herb Alfasso from the not yet PC named Mohawk Hudson Wheelman (now Cycling Club), The Chain Gang began advocating for bicycles and expanded infrastructure on a number of fronts, particularly in NYC (e.g., the Greenway). It has been said that the creation of NYBC was also an exercise in "penance" – to accomplish in retirement things that could not be done as full-time bureaucrats in a highly constricted state government work environment.

Other founding and early Board members of note include Irene Van Slyke, a health care professional and activist from Brooklyn; legendary bike frame builder and bike manufacturer Ben Serotta; and Eliot Sander, former NYC DOT Commissioner.

Thanks to the efforts of a lawyer involved with the group, in 1993 The Chain Gang officially morphed in to NYBC to become a **federal 501(c)3** entity and NYS Charitable Organization. Still a volunteer agency, The Mohawk Hudson Cycling Club provided early funding and support for NYBC's outreach and statewide mailings (no website back then!), and to this day MHCC remains a strong, consistent and key NYBC supporter.

Other key clubs include the Westchester Cycling Club and the Rochester Bicycling Club. It is safe to say that without MHCC – which as a Capital Region-based club has its own tradition of strong advocacy since inception – there would be no NYBC.

Once ISTEA passed, efforts by state government were greatly accelerated by the entrance of the federally mandated NYS Bike-Ped Coordinator Jeff Olson, now a principal at Alta Planning and well-known national bicycling advocate. In addition to the usual suspect (bike shops and clubs), The Chain Gang also reached out to MPOs, and with John Poorman and the Capital District Transportation Committee, established the first regularly meeting local MPO Bike/Pedestrian Advisory Committee in the State.

To get an early program going in the NY Metropolitan region, Lou Rossi encouraged Ivan Vamos, who had not yet retired from the NYS Office of Parks, Recreation and Historic Preservation (OPRHP) and was regularly in

*Continued on the next page >>>*

NYC, to help form a bike/pedestrian advisory group for that region. OPRHP served as host for the NY Metropolitan Transportation Committee (NYMTC) NY Metro Bikeway – Walkway Working Group.

With well-focused noon meetings, and a wide range of participants, a landmark Greenway Plan for NYC was developed. With 25 agencies and groups and 15 contributing staff members, listed in the plan adopted in the fall of 1993. In about ten years, much of this 350 mile Greenway was either in planning or under construction, and a commitment toward improving bicycle and pedestrian travel was well underway in the NY Metropolitan area and, with the big exception of the bike-ped facilities still lacking on the Verrazano bridge, the system is now complete..

Because NYBC was envisioned by high level government officials with strong engineering and planning backgrounds the organization – true then and still true now – took on a "real road and trail, real world solutions" zeitgeist. MPOs were targeted as early allies, as were planners and engineers throughout the state, both inside government, at all levels, and in the private or non-profit sector.

**NYBC Modern Era – 2001 to present**

There would be no NYBC, at least in its current staffed iteration, without the Governor's Traffic Safety Committee (GTSC), a division of the Department of Motor Vehicles (DMV), who awarded NYBC out first grant and remains a consistent anchor funder of our statewide organization. Jim Allen, was NYBC's original grant administrator and is now GTSC Staff Director.

Thanks to a high level of Board Member expertise – true from the beginning and still true now – NYBC beginning with its first GTSC grant has been able to craft and deliver a **wide array of innovative and practical safety related programming** – hard copy or CD in the beginning and now much of our deliverables online. We have delivered hundreds of presentations around the state to a wide range of audiences – from local advocacy groups and schools to key planning, engineering and education staff within local, regional and statewide governmental entities.

With an early GTSC grant, NYBC did an analysis of four representative urban counties with high bicycle and pedestrian crashes with motor vehicles. In many locations relatively simple improvements were suggested to improve these dangerous areas, The ground-breaking report Improving Bicycle and Pedestrian Safety, whose purpose was the educate grassroots interest about how to best make changes to bike-ped infrastructure in their communities and regions, was released in 2002 and was distributed widely in NYS and throughout the country, where its approach was truly cutting edge. An updated version remains on our website. (DOT Region 8 reprinted the report for additional distribution).

NYBC was also instrumental in a multiyear effort to establish a Complete Streets Law in NYS as well as in key municipalities. Many groups and individuals contributed to these efforts, culminating in the signing of the law in 2011, and establishing similar laws in 14 municipalities according to State MPO publication. Additional laws advocating "safe routes to schools", "smart growth" "safe passing" and other efforts to improve safe bicycling were passed with NYBC volunteers providing much of the effort to educate legislators on the importance of these programs. 3' Safe Passing and the legalization of electric bikes are other legislative issues where NYBC has led but is not yet successful.

There is not enough space in this brief history to acknowledge nearly twenty five years of the smart and steady leadership provided by the many Board Members who have served, and continue to serve, NYBC. Board Member Emeriti Ivan Vamos, Rich DeSarra, Bill Eisenreich and Rich Brustman continue to help NYBC make

*Continued on the next page >>>*

intelligent and practical decisions. Current NYBC Board Members Harvey Botzman and Lois Chaplin, remain powerful voices of wisdom and reason. NYBC's staff and statewide constituency continue to be grateful for our Boards tens of thousands of hours of volunteer service to NYBC during the past quarter century.

**Where Are They Now?**

**As for past NYBC Executive Directors – in chronological order, as far as we know here is where they are and what they are doing:**

Paul Winkeller: Current NYBC Executive Director

Nicole Farkas: points unknown

Jesse Day: Regional Planning Director for the Piedmont Triad Regional Council, near Greensboro, NC

Josh Poppel: Executive Director, The Village Bicycle Project, Salt Lake City, Utah

Jenn Clunie: points unknown

Jason Crane: points unknown

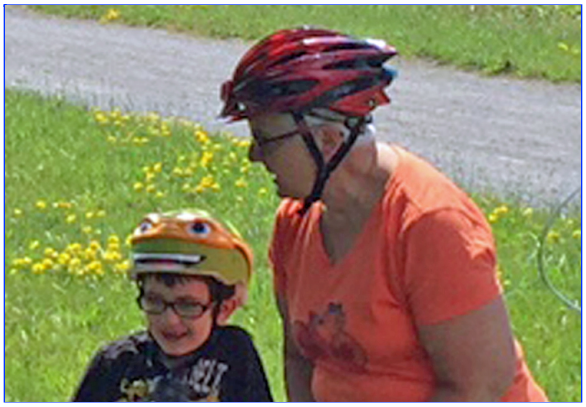
Brian Kehoe: City School District, Rochester, New York

Josh Wilson: Executive Director, Barkeater Trails Alliance, Saranac, NY

Lori Torgersen: Greene County Legislator and bike shop owner

*link to this article was submitted by Richard DeSarra*

## Celebrating A LAB Graduate!



RBC member Lori Burch, a 2017 graduate of the League of American Bicyclists – League Certified Instructor program, held her first bicycle safety class on the Erie Canal Trail in Spencerport, NY in June.

She met with 6 children, ranging in age from 7-13, and 6 adults. Before riding she taught them about helmet fit, examined each person's helmet and made adjustments as necessary. She followed that with a lesson on ABC Quick Check by demonstrating with her bicycle. Then all students did the ABC Quick Check on their own bicycles. Each person was given a small handout of both the helmet fit information and the ABC Quick Check to take home for future reference.

After all the bicycles were checked, Lori talked to the students about the key elements of using a multiuse trail, rules of this particular trail, proper trail etiquette and important safety practices. This was followed by a "slow roll" ride together on the Canalway Trail, practicing what they had just learned.

Thank you, Lori, for volunteering your time to become a bicycle safety instructor and teaching her first bicycle safety class.

*Submitted by Richard DeSarra*
Road & Trial Bicycle Advocate, RBC and New York Bicycling Coalition Board Member

## July Report

**Brad Jensen**

As of July 10th there have been 128 reported rides. Twenty-seven rides had no riders. Fifteen ride sheets are outstanding. A total of 1435 riders, consisting of 305 individuals, have so far accumulated 46,275 miles. Mileage and participation is down 25% compared to this time last year.

Participating riders have averaged 4.7 rides and 152 miles so far. Each non-rain-out has averaged 11.2 riders. Those numbers are only down about 5% over last year. Forty-six people have done 10 or more rides and 10 people have done 20 or more rides. Those stats are down 30% versus last year. Eighteen people have over 500 club miles and three have hit the 1000 mile mark. We have had 83 first time riders, of whom 36 are new members, so far this year.

There have been two rides with over 30 riders since the last report.

| | | |
|---|---|---|
| Sat | 06/24/17 | Badass Cookie, 33 riders |
| Tue | 07/04/17 | Penfield Pickle, 35 riders |

## Needed: Humorous Awards Ideas

The Awards committee is always in need for ideas for humorous awards for our Spring Banquet. We also like to recognize people who go way "above and beyond." So when you are out riding this year keep your eyes open for those "special" incidents that merit recognition. Make a mental note and when you get home drop me a quick email at bkjensen99@yahoo.com. I'll take it from there.

# Volunteers Needed!

**OPPORTUNITY #1**

**Rochester Twilight Criterium**

**Saturday, Aug 19, 2017 Downtown Rochester**

As many of you have experienced, The Rochester Twilight Criterium sets the streets of downtown Rochester on fire, at night, with an international field of world-class cyclists streaking past a crowd of 25,000 spectators that are just a few feet away from the action.

RBC members once again have an opportunity to volunteer at this exciting event! It is Saturday August 19th.

From set-up to break-down, from hanging banners to marshaling the course, this amazing event couldn't happen without the help of an army. RBC members have been vital to the success of this event in the past. There are a number of different ways to pitch in and all volunteers will receive an official Rochester Twilight Criterium t-shirt!

If you are interested, please fill out the volunteer form on the Rochester Twilight Criterium webpage Crit Volunteer Form. Completing the form will add you to the volunteer list and you will be contacted in the coming weeks with details.

We also need some people to man the RBC table at the event. You would answer basic questions about the club (all in our brochure), and there will be some handouts available. If willing to man the table for an hour or two, please contact Kathy.

Thank you so much for considering!

In addition to the cash, over a dozen bikes, a bike rack and bike parts were accepted as donations to the non-profit organization at the Fest grounds. Sponsors, volunteers, vendors, attendees, local bike shops, bike clubs and groups all contributed to the success of the Fest.

Organizers are looking toward next year with a lot of ideas and request your input. Ideas include:

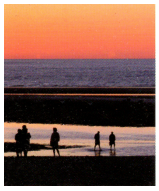
- Expanding the Fest to raise money to be invested **directly back into the Rochester area cycling community.**
- Creating opportunities for more participation by road riders, path riders and gravel grinders.
- Extending invitations to Buffalo, Syracuse and southern tier bike clubs to participate in the Fest as a destination event.
- Encouraging more individuals to be involved in developing these ideas.
  A 2018 WNY Bike Fest is contingent upon getting committed enthusiastic volunteers to lead the charge in planning and execution. Organizers have two years of experience with this event, and can provide details and guidance for volunteer coordinators. Coordinators will have the help of additional volunteers to execute tasks. All volunteer positions will have well-defined parameters and everyone will know what is expected of them.
  ***If you loved the Fest, please be a part of it! Let's make it happen again in 2018!***

Share your feedback with us. What could we have done better at the 2017 WNY Bike Fest? What did you really enjoy? Suggestions? Thoughts about the ideas for 2018? Ideas of your own? Please email us at cindyf1216@gmail.com.

## 2017 Video and Photos

**2017 Western NY Bike Festival video by Hannah Boriello:**
**https://www.youtube.com/watch?v=W5lM43p2IuY&feature=youtu.be**
Contact Hannah Boriello
(585) 727-5922
hborrie2@mail.naz.edu

**2017 Western NY Bike Festival photos by Martin Nott**
**http://martynott.zenfolio.com/bikefest2017**
(585)271-5285
(315) 857-7347
martin_nott@yahoo.com



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(585) 271-5285 (home)
(315) 857-7347 (cell)
martin_nott@yahoo.com
http://martynott.zenfolio.com

We are happy to share these photos with you. They are password protected. Please make your request by email to martin_nott@yahoo.com

# Rochester Cycle For Life

## Cystic Fibrosis Foundation

**August 12, 2017**

**Info and Online Registration:**
https://goo.gl/Cvmkw8

Get your wheels in motion and join us for our 7th annual bicycle event as we ride through some of the most picturesque and scenic terrain south of Rochester. CF Cycle for Life is a fully-supported ride with route options of 61, 35 and 10 miles. From breakfast to our cycle post party, you can enjoy fully stocked rest stops every 10-12 miles, bike mechanics for bicycle maintenance and repair, ride marshals to cheer you along the way and plenty of support vehicles to help you complete the ride. This unique event empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible, emotional and powerful way.

**Registration Fee Schedule:**
01/01/2017 – 05/31/2017: $20
06/01/2017 – 07/31/2017: $30
08/01/2017 – 08/12/2017: $40

**Ride Details:**
**Date:** 8/12/2017
**Check-in:** 8:00 am
**Start Time:** 9:00 am
**Route Mileages:** 10, 35 & 61
**Chapter:** Rochester Chapter
**Event Location:** Mendon Ponds Park Pondview Shelter and Hopkins Point Lodge, Honeoye Falls, NY
**Event Coordinator Name:** Patty Schwarzweller
**Event Coordinator Email:** pschwarzweller@cff.org
**Event Coordinator Phone:** (585) 924-0319

FLOUR CITY- FLOWER CITY
CITY OF ROCHESTER, N.Y.
benefiting the
GOLISANO CHILDREN'S HOSPITAL
Full Moon Vista
Halleran Financial Group
CHARTING YOUR SUCCESS
ROCHESTER
GRAN FONDO
AUGUST 19TH 2017
A part of the Rochester Twilight Criterium
ZERO administration costs!
100% of the proceeds go to the Golisano Children's Hospital!
Exclusive day & evening inside the Blue Cross Arena
Full evening criterium course-side seating w/refreshments
Amazing buffet dinner
Custom cycling jersey (for the 30, 50 & 100 mile)
Custom tech t-shirt (for the 10 mile)
$1500 Raffle towards a Trek bicycle from Full Moon Vista
Meet & greet with professional cyclists
Private showers and changing rooms
Secure bike storage
USA Cycling timed century
Register NOW! Cyclist, spectator or volunteer!
Presented by:
Halleran Financial Group
CHARTING YOUR SUCCESS
Full Moon Vista
BIKE & SPORT
rochestergranfondo.com & rochestercrit.com

# ROCHESTER TWILIGHT CRITERIUM

## SATURDAY, AUGUST 19th 2017

City of Rochester, NY
*Lovely A. Warren, Mayor*

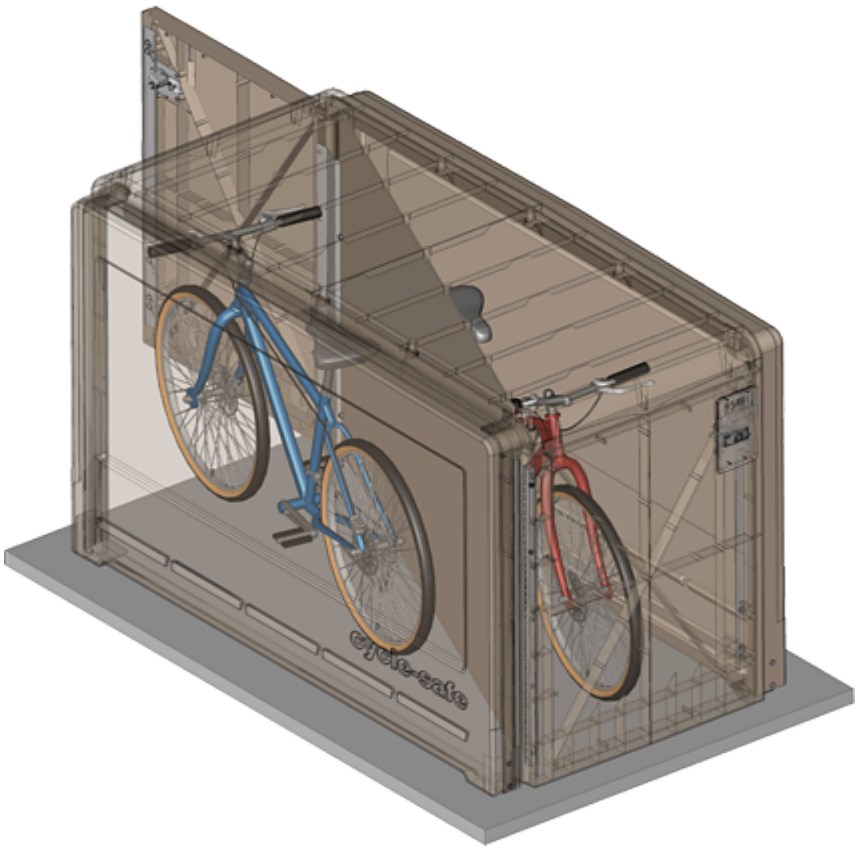
Free spectator admission! Food truck rodeo and beer garden!
The world's best athletes - racing on OUR city streets!

nalgene · EFPR GROUP Certified Public Accountants · the strong · Morgan Communities · IDE Family of Dealerships · City Newspaper · GVCC genesee valley cycling club · Full Moon Vista · MVP Health Care · Rohrbach Brewing Company · Visit Rochester Limitless

rochestercrit.com

# Bike Lockers for Rent - Bruce Wilbur

## Then park your bike Safe and Secure in one of our Bike Lockers



- **High Falls Garage**, State Street near WXXI, Kodak and the Inner Loop
- **Sister Cities Garage**, near City Hall, and the County Office Building
- **Court Street Garage**, near the Rundel Library and Excellus
- **South Avenue Garage**, near the Convention Center
- **Washington Square Garage,** near GeVa and the Strong Museum
- **East End Garage,** near the YMCA and Eastman Theater

Rental Periods and Rates

| Apr 1 – Nov 30 | Dec 1 – Mar 31 | Apr 1 – Mar 31 |
|---|---|---|
| Three-Seasons | Winter | All Year |
| **$40** | **$20** | **$50** |

To rent one, contact **Bruce Wilbur**, City of Rochester Bureau of Parking **585-428-6587**
Or email bruce.wilbur@cityofrochester.gov
http://www.cityofrochester.gov/parking/bicycles/

# Blogs & Stuff

## Brian Managan - http://bcmbike.net/ *A Personal Main Blog*

***Click below to go to a new story for you to follow, that includes Todd Calvin and Dave Larsen***

***Sun, Sand, Snow and Sky***

**Do you have other You Tube Videos that you want Posted?**
**Email them to rbcnewz@yahoo.com**

## *NEW Sites & Blogs For You to View*

## Jim Reed's Bike Blog - http://www.zifflaw.com/NYBikeAccidentBlog/

## TS 101 Class Information and Photos- on Facebook.com: Rochester Bicycling Club

## Self-Assembling Bicycle- https://vimeo.com/137011379 -Way cool video!

## Granite State Wheelmen Volunteer Request

http://signup.com/go/zhVwtko

Welcome to the GSW Seacoast Century Team! Volunteers make this Century work. And more than that - with your help, we'll help create great memories, support the Club and promote safe cycling in New Hampshire. The Seacoast Century is a 44-year tradition that just keeps getting better.

## Bicycling Magazine: http://www.bicyclingmagazine.com/

## Map My Ride: http://www.mapmyride.com/

An advanced ride mapping program site.

## MilerMeter: http://www.gmap-pedometer.com/

A simpler ride mapping program than *Map My Ride*.

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

**Board Meeting Notes**

**Board Meeting notes were unavailable at the time of publishing.**

**They will be included in next month's issue.**

*Continued on the next page >>>*

# 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."***

## CANNONDALE SYNAPSE CARBON $1200

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

Great Condition, Pedals not included

**Call:**
**585 202-9763**

## For Sale

Homemade short wheelbase recumbent and carrier. Many accessories
***Reduced to only $95.00***

Call Larry Johnson 315-524-8244

## 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?

## 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

***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

’09 Parlee Z1 (55cm/56cm)

Full Campy 11 speed Super Record mechanical group
Lightweight Wheel-set (new rear wheel, ceramic bearings, w/skewers and wheel-bag)
Enve fork
Thompson Masterpiece seat post
Thompson stem
3 Cassettes: 11-25, 12-27, 12-29
All Boxes
Original FSA Compact Chainrings
Rotor chainrings
FSA crankset (172.5mm)
SRM Meter and head

Not included: Saddle, Pedals

Less than 750 miles on complete bike

$3,500.00

If I part it out it is as follows:
Lightweight Wheel-set: $2,000.00
SRM Power meter: $500.00
Complete drivetrain: $500.00
Frame, fork, headset: $1500.00

Kevin Buja
kpbuja@gmail.com

Bike is at Towpath Bikes. Ask for Rob.

## For Sale

’96 BOSTON Merlin Extra light (56cm)

complete Campy outfit (wheel set, groupo, 172.5 carbon crank, seat post)

Record 10 speed group w/2 cassettes (12-25,13-29) w/2 inner chainrings (39/42)

Eurus G3 wheel set (wheelbase and skewers)

Complete minus pedals

$1,000

Kevin Buja
kpbuja@gmail.com

## For Sale

’13 Cologno single speed (54cm higher bottom bracket)
Vintage 70’s Campy Record Brake set
White Industries hubs
White Industries 18 pawl (track pawl) freewheel 18t
White Industries 17t fixed gear
42t Campy chainring
Mavic tubular rims

$500

Kevin Buja
kpbuja@gmail.com

# Member Want Ads

## YOUR AD HERE!

***Newsletter Advertising:***

The Flower City Cyclist accepts ads and preprinted inserts. There is NO CHARGE for all Members in good standing!

Send to:
rbcnewz@yahoo.com

The Flower City Cyclist also accepts PAID ads and Preprinted inserts.

Paid ads will run for one issue.

Follow this WEBSITE LINK for detailed instructions on submission.

Rates are:
1/4 Page $10.00
1/2 Page $15.00
Full Page $25.00

## For Sale

**LONG WHEELBASE RECUMBENT BIKES FOR SALE**

**1. Rans Stratus**
**- Color: green, SRAM X9 components, with computer, kickstand, and fenders, very good condition and well maintained. Asking - $1400**

**2. Rans Stratus XP**
**- Color: red, aluminum frame, SRAM X9 components, with computer and kickstand, very good condition and well maintained. Asking - $1400**

**3. Rans Xtream**
**- Color: yellow, SRAM X7 components, with computer and kickstand, only 300 miles of use, well maintained. Asking - $1700**
**zvogt zbiks**

***NOTE: PRICES ARE NEGOTIABLE ON ALL ITEMS***
**ACCESSORIES FOR SALE**
**- 2 bike hitch rack for recumbents ( Asking - $300)**
**- Almost new large bike bag that fits on recumbent seats (Asking - $80)**

**Contact: Dave Ross at**
**585-346-2145**

## For Sale

Pick Up Truck Bike rack. Works best with fatter tire bikes and will fit a bed 60" or greater in width. Brand New—Would not fit my truck. $25.00

Rans Screamer Sport Recumbent *Tandem*, Excellent condition, Independent Pedaling System, New Tires, about 2000 miles. $3500.00.

**Contact: David Hurd at albert.hurd@icloud.com**

**Dave Hurd**

5 Pickett Street Ext.
Castile, NY 14427
585 493-5751 Home
585 322-6319 Cell

# 2017 Board of Directors

Red Titles are Voting Members - 15 Blue Titles are non-Voting Members

### Officers: (Voting)

**President**
Todd Calvin
314-7432
tcalvin001@hotmail.com

**Vice President**
Brad Jensen
872-4468
bkjensen99@yahoo.com

**Secretary**
Paul Knerr
330-8374
paul@e-knerr.com

**Treasurer**
Dana Black
478-8187
dana.black82@gmail.com

### Directors: (Voting)

**Education**
Steve Lee
217-6625
slee40@frontiernet.net

**Maps**
Brian Managan
No phone
brian@bcmbike.net/

**Membership**
Kathy Riegel
789-1741
kriegel2@gmail.com

**Newsletter Editor**
Dale Vanocker
227-7218
rbcnewz@yahoo.com

**Publicity**
*OPEN*

**Rides**
Steve Riegel
789-1741
rbcrides@gmail.com

### Directors: (Voting, cont'd)

**Immediate Past President**
Mark Robbins
469-5729
markerino@rochester.rr.com

### Members-at-Large: (Voting)

Bill Lebbon
787-7576
encodertwo@yahoo.com

Nancy Rohlin
(315) 331-8835
rohlinalong@yahoo.com

*Position 3: OPEN*

*Position 4: OPEN*

### Coordinators: (non-voting)

**Awards**
*OPEN*

**CD Publisher**
Brad Jensen
872-4468
bkjensen99@yahoo.com

**Road & Trail Advocacy**
Richard DeSarra
461-5363
rdsbike@rochester.rr.com

**Slow & Easy Rides**
Ken Hansen
509-3725
kenkj1@yahoo.com

### Coordinators: (cont'd)

**Social Rides**
*OPEN*

**Sweep Rides**
John Yunits
3038474
johnnyyunits59@gmail.com

**Web Site**
Brad Jensen
872-4468
bkjensen99@yahoo.com

**Bike Cases**
Beth Johnson
330-0148
dr.j.4992@gmail.com

**Winter Meeting**
Brian Managan
No phone
brian@bcmbike.net

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

**Librarian**
Todd Calvin
314-7432
tcalvin001@hotmail.com

**LAB Touring**
Ride information
Club Representative
Todd Calvin
314-7432
tcalvin001@hotmail.com

**Legal**
Jim Reed
303 William Street
Box 1338
Elmira, New York 14902-1338
(800) 943-3529
www.zifflaw.com