



## Fresh from the "Way Back" Machine!



### BIKEWAYS—A NEW DIMENSION IN RECREATION

Bicycle popularity is at an all-time high in the United States with an estimated 61 million pedal-pushing Americans. The Athletic Institute calls cycling the Nation's Number One Participation Sport and a recent Department of the Interior study showed that bicycling has grown faster than any other summertime activity — up 105% since 1960.

Paralleling this increased popularity has been the dramatic growth of marked bicycle routes (Bikeways), bike paths and trails. The nation's first Bikeway, called a "safety route" opened in Homestead, Florida, in 1962. Today, hundreds of cities, towns and municipalities across the country have marked secondary streets leading from and to schools, recreation areas and points of scenic or historic interest. Bikeways are well-marked to remind motorists that the route he is following has been designated to be shared with bicycles.

The Bikeway concept is so important to future community recreation needs that it has been endorsed by the President of the United States, key government leaders, medical and recreation authorities around the country.

Although Bike Routes through quiet city streets are a primary need, several related kinds of facilities

have evolved from them. The scenic or historic Bikeway is planned to take advantage of unusual scenery or points of interest in or near a community. It can be enjoyed on a weekend or holiday when time is available, and is easy to reach from areas of high-density population. Long distance Bikeways are increasingly popular in recreation-minded states as recreational officials acknowledge that Bikeways offer the best recreation for the most people for the least amount of money.

Bikeways are being developed in resort communities. Retirement communities and "planned cities" are incorporating Bikeways as convenient transportation for masses of people and the elderly.

"Instant" Bikeways, a term coined by the press, describe metropolitan parks whose access roads are closed to automobile traffic on weekends and other days and evenings, so that cyclists may ride without annoyance from automobile fumes and traffic. Several Bikeways have been developed by the Federal government and others have been added to the National Park System.

Bikeways can add an important new dimension to your community. A wealth of material is available to guide you in your campaign. You'll find it listed in this brochure.

### WHAT OTHERS HAVE SAID

I see an America where bicycle paths, running through the hearts of our great cities, provide wholesome, healthy recreation for an entire family.  
*Lyndon B. Johnson*

Evidence that Bikeways are needed and popular with the park patron is the fact that 10,000 cyclists used our trail in the first four months of operation.  
*John Hewitt, Director of Parks  
National Capital Park Commission*

Metropolitan bike trails are especially important for people who are rooted in city life . . . and we support them heartily.  
*Franklin Wallick  
United Auto Workers*

The number of bicycles and cyclists is multiplying with almost explosive suddenness. There is a pressing need for places in which to ride bicycles safely. The need is especially acute in urban areas.

*Edward Crafts, Director, Bureau of  
Outdoor Recreation, U.S. Dept. of Interior*

More people are engaged in cycling in this country than in any other participant sport; it is not only fun but healthy as well. This country needs many more Bikeway projects and I'll continue to work for them.

*U.S. Senator Carl Curtis, Nebraska*

Riders need to make themselves more clearly heard before public planning agencies. If they organize and speak up, we can expect more consideration to be given the modest vehicle that emits no fumes, asks little highway space, and provides outdoor fun for millions.

*Christian Science Monitor*

Riding a bicycle a few minutes or miles from home, on a clearly-marked trail, unhindered by the fumes and clamor of automobiles is an experience many city dwellers would certainly enjoy.

*New York City Mayor John Lindsay*

I urge all cities to study and follow the Bikeway program. I see it as the perfect example of individual initiative leading to full-scale action for safe, pleasurable and healthy recreation for the entire community.

*Paul Dudley White, M.D.*

## This month's Teaser...

### What year did R Community Bikes open?

Find the answer upside down on page 4



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## Upcoming Events

### **Board Meeting**

10 September 2018 at 6:30 pm

*Legacy, 40 Willow Pond Way, Penfield, NY 14526*

### **Board Meeting**

08 October 2018 at 6:30 pm

*Legacy, 40 Willow Pond Way, Penfield, NY 14526*

### **RBC Social & Election Meeting**

11 October 2018 at 6:30 pm - 8:30 pm

*Eastside YMCA, Penfield,*

*Rte. 250*

*Community Room*



**Tee shirts are still available:**

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

## 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.**

<i>Month</i>	<i>Submission Deadline</i>	<i>Issue #</i>
March	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 web mail link below. 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](mailto:rbcnewz@yahoo.com)

# Announcements

## Sad News

The Rochester Bicycling Club offers it's condolences to Brad Jensen and family on the recent death of his father.

Brad is very active in the club and serves on the Board of Directors as Vice President.

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## Other Reported Bicycling Accidents

(Often, names are removed to protect the victims)

### Member Killed in Vermont

**Carolyn Delage** joined RBC in April 2018 and many of us got to know her on Wed evening rides. She also joined us on some of our more challenging weekend rides. A young physician from Quebec, she was living in Rochester to do specialized training in Hematology/Oncology. On June 23, she was cycling with a friend in Vermont and lost control on a descent.

For more details see:

<https://goo.gl/xp6As3>

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There was a group of riders ahead of us. They stopped very suddenly, without warning. I had to stop fast to keep from crashing into them. An unnamed rider had to stop fast to keep from crashing into me. His rear wheel went up in the air, and he was propelled over his handlebars. He landed on his chin, but mostly broke his fall with his hands. He has road rash on his face, and he seemed to land mostly on his right side. His right shoulder and right knee are swollen and sore.

An unnamed rider / RBC member crashed when turning onto loose gravel. He fell hard on his face. The leader and other riders who came by judged it was best to call an ambulance, and did, even though initially he thought not necessary. He was not riding in a close group, and the one rider behind him had left enough distance to avoid crashing into him.

*Contributor:: This fits into "Riding on the Road" tips/awareness for individual riders. "Group riding skills" worked well here, with the rider behind him being far enough behind to avoid crashing into him*

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**Rochester, N.Y. (WHAM)** — A bicyclist is in critical condition after he was hit by a car in Rochester.

This happened just before 9:00 Friday night (Aug 3, 2018) at Lexington Ave and Mt. Read Blvd.

Witnesses told police that the bicyclist was riding on Lexington Ave when he crossed Mt. Read against a red light.

A car drove through the intersection with the green light and hit the man. He was taken to the hospital and is in critical condition.

At this point, officers do not expect the driver will be charged with anything.

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# Announcements

## Ride Stats

### August Report

Brad Jensen

As of August 12th there have been 190 reported rides and another twenty-nine scheduled rides that had no riders. Twenty-six ride sheets are outstanding. A total of 1938 riders, consisting of 347 individuals, have so far accumulated 61,042 miles. Mileage and participation are down 16% to 18% compared to this time last year. We all know weather has been a negative factor, cold, wet spring and a hot, humid summer. However, so far there have been 152 rides with a weather rating of 4 or 5 (good-beautiful) vs 34 scheduled rides with a rating of 1 or 2 (nasty-poor).

Participating riders have so far averaged 5.6 rides and 176 miles. Each non-rainout has averaged 10.2 riders (down 2 versus last year). Sixty people have done 10 or more rides (compared to 78 last year). Twenty-six people have done 20 or more rides (compared to 27 last year.) Thirty-nine people have over 500 club miles and 7 have hit the 1000 mile mark. So far this year we have had 97 first time riders, of whom 43 are new or returning members.

We have a close competition for High Mileage Couple with Dana Black & Joe Voelkel just 7 miles ahead of Steve & Kathy Riegel.

So far only the Challenge Ride, with 51 riders, has had 30 or more riders this year.

Mid-year individual ride stats have been posted on the website [Ride Stats](#) page. See how you compare with your riding friends.

**Teaser Question: When did R Community Bikes open?**  
**Answer:** It opened in 2008 as a grassroots, 501(c)3 organization, staffed entirely by volunteers, that collects and repairs used bicycles for distribution, free of charge, to the Rochester, NY area's most needy children and adults.

## CHAPTER 1

# OFF TO A GOOD START

*Let's look first at how you get onto your bicycle. If you climb onto it the right way, you get quicker, safer starts and a more efficient riding position. We'll also take a look at how to get off smoothly so you're positioned to start again quickly.*

## STARTING AND STOPPING



The first pedal stroke starts you moving, and also lifts you onto the saddle.  
*The first pedal stroke starts you moving, and also lifts you onto the saddle.*

When you get onto your bicycle, first stand over the frame in front of the saddle. Hold the brake levers so the bike won't roll. A steady bike lets you get into position to mount.

Now, using either foot, gently turn the crank backwards until the pedal is at 2 o'clock position – forward and high. If the crank won't turn easily, carefully adjust the gear levers until the chain runs straight. If your bicycle has a back-peddaling brake, you may roll it backwards to position the pedal, or lift the rear wheel so you can turn the pedals forward.

Once your foot is on the pedal in the 2 o'clock position, you're ready to get moving. Let go of the brake levers and push down on the pedal. The first pedal stroke starts the bicycle moving and lifts you up to the saddle. When the opposite pedal comes up to top position, put your foot on it for the second pedal stroke.

As you slow to a stop, shift down to a low, starting gear. On a derailleur-equipped bicycle, the gears shift only while you're still turning the pedals, so planning ahead pays off.

When you're coming to a stop, stand on one pedal, and slide forward off the saddle. Lean the bicyclyour free foot on the ground. When stopped, raise the other foot and its pedal into the 2 o'clock e a little to the side and place starting position, the same way as when you got onto the bicycle.

No matter what type of pedals you use (see below), **keep only one foot on the ground when you stop**. The other foot waits on its pedal in the 2 o'clock position, ready for a quick start.

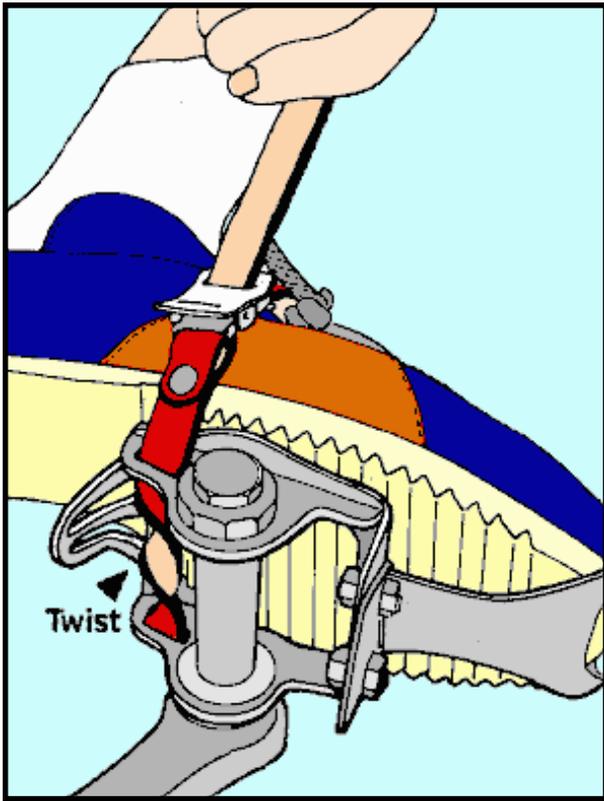
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## USING CLIPLESS PEDALS OR TOECLIPS

Clipless pedals, or older-style toeclips and straps, are like "feet belts." Though not necessary, they increase pedaling efficiency and safety. But learning to use them requires practice. Be sure to master the release motion before using them on the road.

There are several different clipless pedal systems. Many have an adjustment for release force. Since most people toe-out naturally you may need to rotate the cleats in the shoes for comfort and to avoid knee stress.

Thread toeclips and straps as shown in the illustration - from the outside to the inside of the pedal. Leave the end of the strap sticking out like a floppy dog ear - don't tuck it back into the buckle. Tighten the strap by pulling on the end, and loosen it by pushing the buckle outward with your thumb.



## AVOIDING COMMON MISTAKES

Do not try to sit down on the saddle with both feet on the ground before you start. If you can do this, your saddle is too low. Make sure your saddle height is adjusted properly (a good bike shop can help you). A saddle that's too low (or too high) can cause knee injuries and makes it harder to pedal.

Pushing the bike along with a foot, like a scooter, or leaping onto a bike from the side, like a horse, are not as steady or safe as the pedal-step method described earlier in this chapter.

## SUMMARY

Practice the pedal-step method until you're comfortable with it. Raise the saddle if it is too low. Also, practice shifting your gears as you stop, so you'll have good acceleration when you start again. You'll be rewarded with smoother, safer and quicker starts.

## ***Bob Lechner is Home!***



After being at Strong, followed by rehab in Schenectady, Bob came home to Victor last Friday, welcomed by a crowd as he drove into his street.

Want to bring a smile to his face? Let's pack his mailbox with welcome home/encouragement cards!

Send to: 6251 Murphy Dr, Victor, NY 14564

It has been amazing to see how the cycling community has come together to support Bob and his family. He's done so much for the club and our community.

If you would like to help financially:

**A Go Fund Me account** was established by his family. Early on, it became clear that medical insurance was limited in situations like this. For more information, go to:

<https://www.gofundme.com/fxvrf9-bob>.

**An Equipment Fund** is being coordinated by a friend to help with many costs of life going forward. For more information, contact Cindy Fleischer at:

[cindyf1216@gmail.com](mailto:cindyf1216@gmail.com).

Keep the positive energy and prayers going!

## Announcements

**Welcome to our New or  
Returning Members  
as of August 31, 2018**

Paul Dill  
Jeff inewood  
Gina Finewood  
Graham Leonard  
Steve Maynard  
Joseph Scanlon  
Michael Sullivan  
Dan Swanson  
Holly Turner



### Needed for 2019 Humorous Awards Ideas

The Awards Committee is always in need of awards for our 2019 Spring Banquet. We also like to recognize people who go way “above and beyond”.

So when you’re 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](mailto:bkjensen99@yahoo.com)

I’ll take it from there...

## 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 for renting the cases and the bike and rental sign-up agreement can be found on our website:

<https://rbc.wildapricot.org/event-2930100>



# Bicycling Blogs

## Brian Managan:

[Click here](#)

*Life Behind Bars; Some categories are: [Commuting](#) (1), [General](#) (6), [Hosting](#) (4), [Rides](#) (15), [Touring](#) (39), [Uncategorized](#) (3), [Videos](#) (4)*

## Bicycle Safety News Blogs: *New Feature*

*Below you will find links to interesting, and sometimes controversial, articles about Bicycle Safety.*

## Richard DeSarra

[Click here](#)

will soon begin begin a series on our Facebook Page of **WHAT IS,?** This will begin to explain terms used in bicycle advocacy such as, What is Warm Showers, What are Bike Boxes, What is a Bicycle Boulevards, etc.

## We Love Cycling

[Click here](#)

A Blog to enjoy different aspects of Cycling: *with Tour de France section!*

## The Geek Cyclist - Cycling Tips, Guides & Gear Reviews. *How to stay safe on the Road*

[Click here](#)

## The Urban Phoenix

[Click here](#)

Conversations Surrounding Our Urban Environments

## TS 101 Class Information and Photos

Go to Facebook: **"Rochester Bicycling Club"**

Have you seen a bicycling video clip that you would like to post here? Send it to:  
[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# Board Meeting Minutes



## Rochester Bicycling Club Board of Directors Regular Meeting: June 11, 2018

Present: Todd Calvin, Brad Jensen, Richard DeSarra, Dana Black, Otto Muller-Girard, Bill Lebon, Nancy Rohlin, Andy Stewart, Paul Knerr.

The meeting was called to order at 6:34pm by President Todd Calvin.

The minutes from the previous board meeting on April 9<sup>th</sup> were approved.

**Bicycle Safety Course:** Andy S. reported the courses went well. Most took both courses; 9 attended the first, and 7 the second. This week there are 7 taking the course.

**Ride of Silence:** Andy S. reported the ride went very well. There was a problem with the PA. About 100 riders attended. .

**RBC TdC Team:** Todd reported 31 team members; raised \$11,834. An excellent first year for the team.

**LBS Rides Update:** Mark R. reported the list is complete and posted on the website under "Rides".

**ADK Expo:** Paul K. a good turn out. Five volunteers helped with this event.

**Rochester Criterium:** Paul K. reported a successful event. However a light turn out due to the date change.

**Treasurer Report:** Dana Black; Submitted by E-mail:

Submitted by E-mail: Here is the Treasurer's Report for May 2018.

Account balances as of 5/31/2018 for the Rochester Bicycling Club:

Checking: \$ 5,478

PayPal: \$ 391

continued on the next page >>>

## **Board Meeting Minutes**

**Maps:** Otto reported the spring backlog is resolved.

**Newsletter:** Board discussed the newsletter. Board recommended Ads run for 3 months.

**Bob Lechner:** Richard motioned "The club donate \$50 to the Bob L. Fund me." Todd seconded. The motion was approved unanimously.

**Challenge Ride:** The Challenge Ride is scheduled for 7/21 at the East Lodge on Canfield Rd. @ MPP. Todd motioned "Approve \$150 for the picnic". Paul seconded. The motion was approved unanimously.

**Time of Event:** Plan the Challenge ride go from 8am - 6pm with the 1st ride (50 miler) starting at 9am.

**Food:** Lunch will begin at 1:00 PM. Mark will purchase hotdogs and hamburgers; Todd will purchase beverages; Brad will bring paper goods.

**Activity:** Last year's Challenge Ride included a "Slow Race". That activity will be held after Lunch.

**Volunteers:** We have volunteers for each of the 4 morning rides. We also have 1 grill person. We could use 1 to 2 more. Setup / Tear down: Brad, Todd, Paul volunteered.

**Publicity:** Brad and Mark will publicize the event.

**Routes:** Maps 427 – 430 were reviewed. Otto will review for road closures or changes.

**NYBC:** Richard reported that NYBC has passed a policy they will not sponsor bike rides where a marshal is used to block traffic. They will only sponsor rides with police escorts.

**Club Jerseys:** 25 old jerseys are left to be sold. Board will review starting a new jersey design in 2 months.

**Next Meeting:** The next Board meeting will be held at 6:30pm on July 09, 2018. Meeting site is Legacy Senior Community at Willow Pond; located on 40 Willow Pond Way, Penfield, NY 14526.

The meeting was adjourned at 8:00pm.

Minutes submitted by Paul Knerr, Secretary.

## More on Rides

### Adding Rides

Many of us are retired and most of us can take days off now and then. Last summer, at least one ride was posted almost daily. Let's get that going again!

If you are a member of RBC Meetup, you can be notified of added rides via email or push notification. Otherwise, keep your eyes on the RBC Meetup schedule.

Rides are added through our [Schedule a Ride](#) page. It is simple to use (and mobile-friendly!) You must be an RBC member to post. See [Adding Rides](#) for more details.

There is no list of rules ...only common courtesy and understanding of ride leader responsibilities and our club. Most folks like weekday rides in the 20-40 mile range, and not too far to drive. In addition to the local ones, there will be some remote challenging rides. Can there be two rides at once? Of course! However, if someone has already posted a ride similar to what you are considering, it is better not to post another. If you think your ride may be a better choice, contact the other ride leader to see if they are willing to change. It is always nice to gather club members to ride together. We may have different speeds and styles, but for many of us, we can change based on who shows up.

**Post a ride, and they will come!**

### Icing on the Cake



We've got a diverse ride schedule ... one of the best in the country! Take a look for yourself at other club web sites.

As rides approach, please consider putting some "icing on the cake" to make them more interesting & fun. (**icing on the cake** means something that makes a good situation even better)

We encourage leaders \*and\* attendees to do this. All you need to do is put a note on the Meetup entry for the ride!

Examples:

- special stops or sites on the route -e.g. cider mill, bakery, ice cream
- tailgates - encourage all to bring a drink and snack for after the ride
- meal stop during or after
- swimming at a lake after
- calling all tandems

### A Picture is Worth a Thousand Words

People love to see people pics. Cyclists love to see cyclist pics!



Almost all of us have smart phones. \*Please\* take a photo or two on the rides you attend and post them to the Meetup entry. It's real easy and one of the greatest advertisements for our club. Someone from our RBC Facebook team will see them and post fun ones to our Facebook page. We're creating a great club-wide album that we can look back on!

# Carry Your ID!

## Important: Always Carry ID When Cycling

Cycling definitely has risks. Most of us have the scars to prove this. It is often overlooked, but ID/contact (and special medical) info are *\*very\** important to have on your person (and on your bike), even on club rides. Face it, you may not be conscious (or even with someone) when that info is most needed. Laminate a card containing such info and carry it with you around your neck or similar. Put another copy in your seat bag. Better yet get a Road ID (or equivalent). Just do it, and *\*use\** it on *\*every\** ride!



Road ID

*commercially available item*

## Seen On Rides



Global Fat-Bike Day in Rochester 12/5/2016

## Member Ads

### CANNONDALE SYNAPSE CARBON

**\$1,200**

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 Derailleurs	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 Cassette	Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition (See Pictures)  
Pedals not included



**Call 585 202 9763**

### For Sale

### Trek 7200 WSD

16" Women's Hybrid, 8-speed.  
Showroom New (<50 original miles),  
Peacock color.  
Lists at \$540;  
Asking \$300, incl.  
wireless computer  
Call (585) 752-8027  
View Specs at:

[http://  
www.bikepedia.com/  
quickbike/](http://www.bikepedia.com/quickbike/)



### For Sale

Homemade short wheelbase recumbent bike and  
carrier with many accessories.

Reduced price \$95.00  
Call Larry Johnson

315-524-8244

The carrier is worth the  
price. Bag was \$75.00



### For Sale

#### Panniers:

Red: Arkel "Bug;" Grey: Arkel "Commuter"

Yes I have toured & commuted with them.  
~1600 cu. in./25 L each.

The Bug becomes a back pack & has a place for your  
helmet on the front. They are a bit too big to use on my  
foldie.

These are 1000D Cordora Nylon sprayed with Scotch  
guard & I'll include a large ZipLoc bag to make what you  
are carrying water resistant/proof.

New \$189 each. These wonderful panniers are now  
used & the bottom price is \$50.00 each.

Call or text Harvey Botzman: (585) 363-0310; email:  
[harvey.botzman@gmail.com](mailto:harvey.botzman@gmail.com)



#### FOR SALE:

**1999 Schwinn Paramount, 56cm.** Hand built  
by Curt Goodrich <http://www.curtgoodrich.com>  
with Reynolds 853 steel tubing. It's the 463rd of  
about 750 bikes that Curt built.

Components are a mix of Dura-Ace and Ultegra.

A truly fantastic ride. This bike can be seen and  
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 Ads

### FOR SALE

#### Used Bicycle Clothing:

Jerseys – short sleeve and long sleeve.

Shorts, tights, socks.

Booties, toe warmers, Size medium or large.

Cateye multimode rear light.

Bell bicycle helmet;

Bontrager road shoes, Size 9 US, 42 European;

Jerseys – short and long sleeve.

Shorts, tights, socks.

Booties, toe warmers.

Arm warmers, leg warmers.

**Bargain priced!**

Call G. Mitchell: 585-621-1906

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

### For Sale

#### Gently used Terry Bicycle

- Front tire is 24", back tire is 26".
- It was perfect for my petite 5' height
- The handle bars recently converted to uprights,
- but I have the original parts which can be reattached.
- The saddle will not be included.
- Asking \$300

Contact: Fraida Levinson

[fraida.levinson@gmail.com](mailto:fraida.levinson@gmail.com)



### For Sale:

#### BMC Pro Machine Carbon Tour de France level race bike.

Ten Speed SRAM Red/Force components.

Compact 50-34 and 11-36 mountain derailleur or standard Force 11-28 rear derailleur.

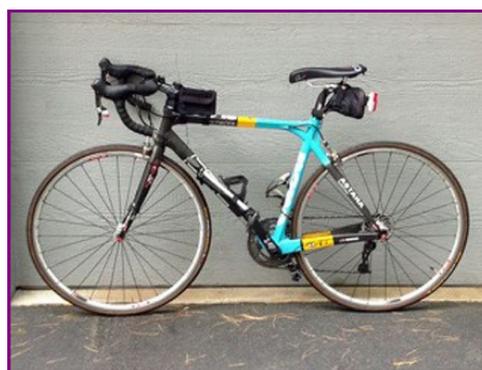
Size 52 Frame.

Bike weight under 18 pounds.

**Price \$1295.** Retail value about \$4,500.

Contact Steve Sussman:

732-763-0784



### For Sale

Bacchetta Cafe Recumbent bike. Well-maintained, excellent condition. New Schwalbe Marathon tires, some accessories. Loved this bike - many amazing miles. **Asking \$785**

Call, text or email for more details and more photos.

Neal Holtzman

585-752-7103 (cell)

[nealholtzman@yahoo.com](mailto:nealholtzman@yahoo.com)



# Member Ads

## For Sale

Please help me get this stuff out of my basement; maybe to your garage or basement.

Better yet, maybe this Yakima roof rack parts will fit your vehicle. Included are fittings for car roofs with and without gutters. Also, included is a set to hold winter skis.

For a generous donation to the Tour de Cure, (bring me your check payable to the American Diabetes Association), you get the privilege of ridding my basement of this stuff.

Richard DeSarra

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

585.461.5363 (home)



## For Sale

### LONG WHEELBASE RECUMBENT BIKES

#### 1. Rans Stratus XP

-color red, aluminum frame, SRAM X9 components, with computer and kickstand. Very good condition and well maintained. Asking \$1400

#### 2. Rans Extreme

-color yellow,, SRAM X7 components, with computer and kickstand. only 300 miles of use, and well maintained. Asking \$1700

**NOTE: PRICES ARE NEGOTIABLE ON ALL ITEMS\***

**ACCESSORIES FOR SALE**-2 bike hitch rack for recumbents (Asking \$300)



**Contact:** The Bicycle Man at 21 Alfred Station, NY

607-587-8835 Wed-Sat 10am - 6pm

[bicycleman](http://bicycleman.com)

## For Sale

### Rans Screamer Sport Recumbent Tandem.

Excellent Condition, Independent Pedaling System, New Tires, about 2,000 miles.

\$3500.

**Contact Dave Hurd at**

[alberthurd@icloud.com](mailto:alberthurd@icloud.com)

585-493-5751 Home - 585-322-6319 Cell



## Member Ads

### For Sale:

Bacchetta Cafe Recumbent bike.

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July-August 2018

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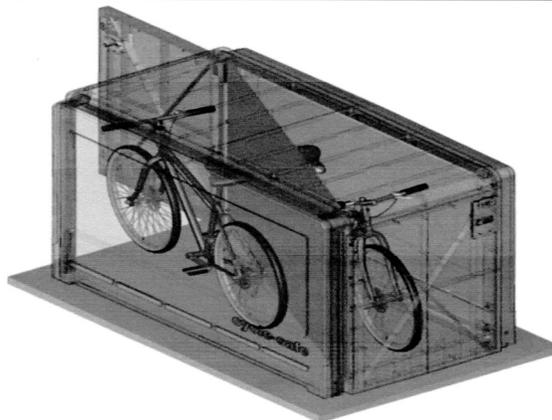
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To rent one, contact **Bruce Wilbur**, City of Rochester Bureau of Parking 585-428-6587

# 2018 RBC Board of Directors

*Red Titles are Voting Members*

*Blue Titles are non-voting members*

## **Officers: (Voting)**

### **President**

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

### **Vice President**

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

### **Secretary**

Paul Knerr  
330-8374  
[paul@e-knerr.com](mailto:paul@e-knerr.com)

### **Treasurer**

Dana Black  
478-8187  
[dana.black82@gmail.com](mailto:dana.black82@gmail.com)

## **Directors: (Voting)**

### **Education**

Andy Stewart  
442-7788  
[onetenth@earthlink.net](mailto:onetenth@earthlink.net)

### **Maps**

Otto Muller-Girard  
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### **Membership**

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### **Newsletter Editor**

Dale Vanocker  
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[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

### **Publicity**

Mark Robbins (Acting)  
469-5729  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

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

### **Rides**

Steve Riegel  
789-1741  
[rbcrides@gmail.com](mailto:rbcrides@gmail.com)

### **Immediate Past President**

Mark Robbins  
469-5729  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

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

Bill Lebbon  
787-7576  
[encodertwo@yahoo.com](mailto:encodertwo@yahoo.com)

Nancy Rohlin  
(315) 331-8835  
[rohlinalong@yahoo.com](mailto:rohlinalong@yahoo.com)

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

### **Awards**

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

### **CD Publisher**

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[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

### **Road & Trail Advocacy**

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### **Supported Rides**

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

### **Sweep Rides**

John Yunits  
3038474  
[johnnyyunits59@gmail.com](mailto:johnnyyunits59@gmail.com)

### **Web Site**

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

### **Bike Cases**

Beth Johnson  
330-0148  
[dr.j.4992@gmail.com](mailto:dr.j.4992@gmail.com)

### **Winter Meeting**

Brian Managan  
No phone  
[brian@bcmbike.net](mailto:brian@bcmbike.net)

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

### **Librarian**

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

### **LAB Touring**

Ride information  
Club Representative  
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