



The Flower City Cyclist

Rochester Bicycling Club



Welcome

Welcome to The Flower City Cyclist, Rochester Bicycling Club's newsletter! The newsletter is our way of informing you about upcoming events, ride information, as well as other cycling-related items.

Enjoy the read!

Our Mission

- * Teach and promote bicycling for transportation, recreation, and health.
- * Preserve and proclaim the rights of bicyclists as vehicle operators.
- * 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.

Ride Photos

Everyone loves to look at photos!

Almost all of us have smart phones. Capture a photo or two during the rides that you attend and post them to the [RBC Meetup](#) ride entry. It is easy and one of the greatest advertisements for our club. Photos posted on RBC Meetup are used for our Facebook page, our newsletter, and slide shows at our events.

We are creating a great club-wide album that we can enjoy for years!



Upcoming Events

[On-the-Road Repairs Clinic](#)

Monday July 18, 2022 | 6:00 pm
Veterans Memorial Park | Open Shelter | 3100 Atlantic Avenue Penfield

[Bikepacking Workshop](#)

Monday July 25, 2022 | 6:00 pm
Veterans Memorial Park | Open Shelter | 3100 Atlantic Avenue, Penfield

[Board Meeting](#)

Monday August 8, 2022 | 6:30 pm
Virtual Meeting

[Andrew Spiller Memorial Challenge Ride and Picnic](#)

Saturday August 20, 2022 | 8:00 am
Mendon Ponds Park | Canfieldwoods Shelter | Douglas Road

[Board Meeting](#)

Monday September 12, 2022 | 6:30 pm
Virtual Meeting





From the President

Mid-season check: How's the riding? It's going pretty well for me, considering the unexpected overhaul of my lower-back this year! If you have feedback or suggestions, please let me or any board member know.

The weather certainly got better in May/June and I've seen lots of long-time friends and new folks on rides. Even though I can't keep up like I used to, it is great to talk (even briefly) with them when I can. I've become pretty clever in adjusting my route to overlap with faster folks along the way, especially at mid-ride stops. Everyone is encouraging and upbeat, and I always end up in a great mood after such rides. Riding with others (at any speed) is super! Our club rides are a great opportunity to connect.

And one of the best opportunities for seeing and riding with everyone is coming up: the RBC Andrew Spiller (Challenge) Rides and Picnic on Saturday, August 20. We've got a great set of routes for all abilities. Bring a lawn chair, something to share and your appetite for a nice outing. It's more "picnic" than "challenge" nowadays. While the event started with the theme of riding many miles in a day, it is also about getting together as a club, both on and off our bikes.

And with all of your riding, get a [RoadID](#). Also, put contact info in your seat bag and set up phones to have accessible emergency contact information. Thankfully, serious accidents are rare, but this information is important to have on you, and can be useful in non-emergency situations too. Just do it!

Steve Riegel (President)



Keep Your Eyes on the Road

Many bicycle crashes are caused by road surface irregularities. Train your eyes to scan the scene ahead, and be wary of blind spots. Keep your eyes moving. You have to look not only UP at the traffic but also DOWN at the road for potholes and cracks. You may sometimes need to slow down in order to spot hazards in time. As always, when riding in a group, point them out to warn cyclists behind you.



Consider calling (or emailing) your local, city, state, or town highway department to report a pothole. Once reported, they are required to fix them within 7 days, and often they are fixed within 1 to 2 days!





Ride Chair Corner

I hope everyone is enjoying the start of summer!

While the weather in our region has been unpredictable, we've been able to salvage several rides that faced harsh conditions. One of the great things about using [RBC Meetup](#) for communicating our ride calendar is that we can be a bit flexible when a ride is affected by weather. Sometimes the ride leader will suggest a delayed start and occasionally a ride can be rescheduled for a better day. If you aren't already in the habit of checking RBC Meetup, this is a great time to start. Be sure to check the comments too!

Now that we're well into cycling season, some riders have experienced mechanical failures. Unfortunately a flat tire isn't the only issue that we can face on a ride. Broken cables and busted chains can really put a damper on your day. The good news is that you can carry a few supplies to help you with these types of failures. I carry a spare shift cable, brake cable, and reusable chain link (also called a missing link) along with a quality multi-tool, just in case. Even if you don't know how to repair these components yourself, there's a good chance someone on the ride can help you. Also remember that a little preventative maintenance goes a long way. A clean and oiled chain is a happy chain!

As traffic in our region increases during vacation season, it's especially important to brush up on our safety practices. Make sure you signal your intentions, give each other plenty of room while in groups, and continually scan the road ahead of you for obstacles and debris. Call out anything you see that might present a safety risk. Ride predictably, avoiding sudden stops and turns. Safety starts with you!

Don't forget that all members have the ability to post impromptu rides. To learn how to add a ride, please read the [How to Add a Ride](#) page (Rides | How to Add a Ride) on the RBC website.

As always, happy riding!

Chris Schiffner (Rides)



Map Edits/Suggestions

When riding a route, we sometimes see things that might need modification (e.g., change the start location or edit part of the route for safety or other reasons).

If you have a suggestion, please jot it down and submit an [RBC Maps Request](#) (Members Area | Maps | Map Request Procedures and Guidelines). This will help us to keep our routes and maps the best that they can be.

If you have any questions, contact Otto Muller-Girard (rbcmaps@gmail.com).





RBC Maps

Hi everyone. I hope you have been taking advantage of the great riding weather we have had. The RBC ride schedule has some new routes being used this year, like past years. The route authors and I do our best to annotate for food, water, and things of interest. Please let me know if there are errors or additions that should be made so that future users have the best possible information.



I would also like to repeat some Ride with GPS information from a past newsletter article. I think the information is worth repeating. The comments relate to the fact that anyone can have a free RWGPS account and it can be quite useful beyond the route guidance capability that comes with your RBC membership. The RBC has a great set of routes, but I know some of you are out there exploring on your own. I want to make two points about that.

One is that you can use your free RWGPS account to help you plan those adventures by creating routes that you can follow using the smart phone app or by downloading to your GPS device. The free RWGPS accounts do not have all the route editing features that a paid account has. That should not hold you back as it is still easy to create a route. It's just a bit more awkward to edit. I used a free account for years to create routes and had great success.

The second point is that you can use RWGPS to record your ride. If you are exploring, this gives you a way to document your travels and share where you went with others. You might want to let friends know where you went or you might want to submit your route to become an RBC route. The RWGPS data is a great way let me know what your route is, which helps me with the map making process.

The best way to let me know of your map request is to use the [online form](#). It's quick, easy, and ensures that all the needed information is available when I start the work. Please feel free to contact me ahead of your request to ask any questions that you might have about your route or map revision or how all this works. You can also visit the [Map and Route Request Procedure](#) page (Members Area | Maps | Maps Request Procedure and Guidelines) of the RBC website to learn more.

Please let me know of any map or navigation topics that you would like me to discuss in this space. If you have any questions about maps and routes, please feel free to mail me (rbcmaps@gmail.com).

Happy and SAFE riding to you!

Otto Muller-Girard (Maps)





Advocacy Corner

Great news on the advocacy front!

Crash Victims Rights and Safety Act

For the past several months I've been writing about the efforts of the NYS Safe Streets Coalition around passage of [Crash Victims Rights and Safety Act \(CVRSA\)](#), which is a compilation of 8 separate legislative bills that address:

- * Safe Speeds (allowing localities to implement reduced speed limits)
- * Safe Streets (provides funding for implementation and maintenance of Complete Streets designed for all road users)
- * Protecting Vulnerable Road Users (3 feet passing and inclusion of safe interactions with cyclists and pedestrians in DMV pre licensure curriculum)
- * Supporting Persons Personally Impacted by Traffic Violence



As a result of the tremendous advocacy efforts of the Coalition, we are very pleased to announce that three of the eight bills were passed by both Senate and Assembly and, as of today (6/23) are awaiting signature by the Governor!! Below is a listing of those bills that were passed along with a brief summary, purpose/justification, and a link to the Assembly bill. In all cases, the Senate bills were reconciled with and are "same as" their Assembly counterparts.

- * Safe Speeds/Statewide Speed Limits ([A01007](#)): Authorizes cities, villages, and towns (outside NYC) to reduce the speed limit to twenty-five miles per hour. Research shows that faster driving speeds correlate with more serious injuries and fatalities for pedestrians in the event of a crash.
- * Safe Streets/Complete Streets Funding ([A8936](#)): Increases state funding share where the municipality agrees to fund a complete street design project. The hope is that by reducing the local share of funding for such projects by half, localities will be incentivized to include Complete Streets features in their road projects.
- * Protecting Vulnerable Road Users/DMV Pre Licensing Course ([A5084](#)): Educates NY drivers about safely interacting with cyclists and pedestrians. This bill seeks to increase safety for cyclists and pedestrians by requiring new drivers to learn about bicyclist and pedestrian safety awareness as a prerequisite for obtaining a license to operate a motor vehicle.

I'd like to express deep thanks to those RBC members who contacted their legislators to ask their support for the CVRSA bills! Coalition members remain busy reviewing this past year's efforts, taking steps to ensure that these bills are signed into law by our Governor and strategizing for next year's legislative session.

Reconnect Rochester

In addition to serving as members of the NYS Safe Streets Coalition, our friends at Reconnect Rochester are involved with providing input into the development of Active Transportation Plans being undertaken by Monroe County and the City of Rochester. For information on those and other cycling related endeavors (e.g., Community Cycling Calendar, recently completed survey to prioritize those existing gaps in Rochester's cycling infrastructure to be closed, and more), visit the [Reconnect Rochester](#) website.

Mark Robbins (Road and Trail Advocacy)



Group Riding Safety Tips

When riding in a group, whether on a club ride or with just a few friends, there are some tips that can reduce the likelihood of a crash.

Note: For tips on riding in a pace line, refer to the [Safety Corner: Drafting](#) article in the November/December 2019 newsletter.

- * You should keep at least 1 bicycle length between you and the rider in front of you.
 - * I recommend 2 bicycle lengths of distance. This allows you plenty of time to see a hazard in front of you and time to react appropriately.
 - * The faster you are traveling, the more distance you should leave between you and the cyclist in front of you.
- * Never overlap wheels with the cyclist in front of you.
 - * When your front wheel is alongside part or all of the preceding rider's rear wheel, you have no place to go but down if the rider in front of you makes a quick move to the left or right or if they happen to stop quickly or fall.
- * Be predictable.
 - * Maintain as consistent a line as possible while riding.
 - * Avoid darting in and out around hazards or parked cars.
 - * Scan (look) behind you before making a change in your line.
 - * Signal before making a change in your line.
 - * Be aware of the other cyclists around you or who may be soon overtaking you before making a change in your line.
- * Avoid being a "white fog line hugger."
 - * This encourages cars to pass you very closely without having to cross the center line of the road and often without slowing down.
 - * This also puts you so close to the edge of the road that you have no place to go, other than off the edge of the road, if someone stops suddenly in front of you.
- * The safest place to ride is in the right wheel track in the traffic lane.
 - * This causes cars to have to cross into the opposing lane in order to pass you, which makes them slow down and proceed more cautiously.
 - * This also gives you room to "escape" if something suddenly goes awry in front of you.
- * Look ahead.
 - * If there are cyclists ahead of you, watch the cyclist several people in front of you. Their position and movement can signal a hazard you need to be aware of and give you time to prepare and react.
 - * If there are no cyclists ahead of you, keep your gaze looking ahead. Looking farther ahead than just on the road/path right in front of your wheel gives you time to prepare and react before encountering a hazard.
- * Call it out and signal and pass it along
 - * Be sure to point to AND call out hazards. By doing both, you can assure that the cyclists around you see/hear you. (Refer to the "Avoiding Hazards" article on page 18.)
 - * Call out AND signal when you are slowing or stopping to give ample warning to those behind you.



- * If you hear/see someone alerting to a hazard or slowing or stopping, be sure to “pass it along” and call it and signal it yourself. Don’t just assume all cyclists around you heard/saw what you did. Again, this assures that everyone is aware.

Remember, when riding in a group you are responsible not only to yourself but also to those riding around you.

Lori Burch (Safety and Education Instructor)

Andrew Spiller Rides and Club Picnic

The Annual RBC Andrew Spiller rides and club picnic will take place on Saturday, August 20 at Mendon Ponds Park.

This is a day where you can challenge yourself or just enjoy a beautiful ride... any length you want. There’s plenty of park space surrounding our open shelter (Canfieldwoods) for our gathering. The club will provide hot dogs, rolls, condiments, and soft drinks (feel free to bring your own beverage if desired). Plan to bring a chair and a snack or dish to pass. Group ride details including maps and routes will be posted on [RBC Meetup](#).

See the “Who was Andrew Spiller?” article on page 10 to learn more about the person behind the name.



Doing the Cut?

Our longer local weekend rides often have a cut for those who want to do a shorter ride.

If you plan to do the cut, make a comment on the [RBC Meetup](#) entry. Others may be considering it, but they are unsure if they will have others to ride with.





Who was Andrew Spiller?

In 1989, RBC started its annual Challenge Ride, giving attendees an opportunity to rack up as many miles as possible over a 24 hour period. There were loop routes and a central location to socialize and snack between rides.

Andrew was an RBC member in the late 1980s-early 1990s. He married Rose just 10 months before his tragic death at age 26 (June 1992). While participating in a 24 hour race in Johnstown, NY, he was struck and killed by a drunk driver. His death had a big impact on many club members and the local cycling community. The RBC renamed the Challenge Ride in his honor.



Ann Carroll Lee recalled, “Andrew was on the Challenge Ride when we had several ultra marathon riders that would ride all night. When he started with the club, several of us got him through his first century ride and after that, the rest was history. He was hooked on long distance riding. After all these years, I still miss him.”

According to his wife Rose, “The idea behind the RBC Challenge Ride was to achieve a new personal best. During an RBC Challenge Ride, Andrew rode his first double (200 mile) ride. He qualified for the 100th anniversary of Paris Brest Paris (PBP) race by completing a series of brevets (timed rides) of 100k, 200k, 250k, and 600k in both 1990 and 1991. In August 1990, he completed the American version of PBP, Boston Montreal Boston. This served as a "warm up" before achieving his goal of official finisher at PBP August 1991. He qualified for the Race Across America RAAM cross country race in Johnstown, NY by completing that grueling race within 48 hours in Fall 1990. He encouraged everyone he met to push themselves to ride further than they ever had in the past. His love of bicycling was infectious. When he wasn't chasing his dream of pushing himself to become a better ultra marathon cyclist, he was crewing for others. So no matter how much or how little you have ridden in the past, the RBC Challenge ride is a day you can reach your own personal goals. The fact that this ride lives on so many years later is his legacy, ride on in his honor.”

Jean Jaslow said, “You would have liked Andrew... he had a way of really being present for you. I remember some very hard rides with him in which we were all suffering. He was good at empathizing with you and not letting you feel inadequate when you were struggling. Andrew was a good rider, but I don't remember his great results so much. I recall more that he not only challenged himself, but he also stepped up to the challenges (cycling and non-cycling) that others presented to him. That is why I believe the Challenge Ride is a great way to honor him. Just as he met challenges in life, the event is an opportunity for cyclists to challenge themselves on the bike for one day.”

Mark Frank, President of RBC in 1992, was riding behind Andrew on that fateful night. He asked me to retrieve the tributes that he and Russell Jaslow wrote after the accident, which follow on the next page.

Kathy Riegel



Memorial to Andrew Spiller

I was the non-cyclist in the group. The one that Rose and Andrew enjoyed accompanying them and my wife on their bicycle and ski getaways because I was able to look from the outside, objectively, and joke about how crazy everyone was with their obsessive need to do more and more miles, and their whacky dietary habits.

But I only joked. It was never serious because Andrew taught me and all of us a valuable lesson during his life and even in his death.

When God creates the miracle of life, He gives us the freedom to choose. Not just the choice between good and evil, but the choice in which paths we travel in life. One of the three basic rights that are the foundation of this country is the right to the pursuit of happiness.

Andrew used that freedom of choice and the right to pursue happiness. He chose to enter the field of technical writing because that was the niche in the computer industry that he enjoyed the most.

He chose Rose, whom he so dearly loved and cherished, to be his partner in life.

And he chose bicycling as his recreational outlet. For you see God may give us the freedom to choose, but he does NOT give us the freedom to judge. That is reserved for Him.

We cannot judge the choices Andrew made in pursuing his right to happiness. Andrew never judged any of our choices. It is not for us to judge whether Andrew, or any of us, choose bicycling, race car driving, sky diving, or even bungee cord jumping. Andrew could have chosen tennis, golf, fishing, or even coin collecting. It is not for us to judge.

Who among us can say that if Andrew had chosen another hobby he would still be here? How can we know what chain of events would have developed if he had made another choice? We have no idea, and, therefore, no right to judge.

It is said that a man's life is measured by his accomplishments and not by his years. If that is true Andrew lived well past a hundred years. For accomplishments are not measured with awards, victories, or money. They are measured by how many people you reach out and touch. And Andrew

touched many, many people. More than most anyone does. I do not need to say how he touched us all, we all know in our own personal way.

Andrew also lived life to its fullest, doing what he loved most, making choices many people cannot make, not just because circumstances prevent them, but because they do not grab onto the opportunity to pursue their happiness.

Somewhere, Andrew is now cycling in a place where the wind is always at his back, the right gear always selected, on a road free of cars, and the "bonk" non-existent. A place where he can eat wings and have a banana split without any effect on how long he rides. Oh yes, and a route where there is always a Potato City rest stop whenever he needs it.

And when that perfect day exists for you, when the wind is always at your back in whatever you are doing, take a moment, look up, and thank Andrew for teaching us to live life at its fullest. For teaching us to make our own individual choices in our own pursuit of happiness.

Russel Jaslow

President's Message

In Memorium, Andrew W. Spiller

It is cruel fate that this sport that I love so much, this sport that has brought me my greatest achievements and enriched my life with such close friendships, has now turned to present me with the most sorrowful event of my life. On a moonlit stretch of Adirondack road my friend Andrew Spiller cycled on ahead of me up another of the countless hills in the area. As he passed by me we had exchanged a few words about the cool night air, the difficulty of the route, and the now unsettling news that he was just going to finish this last section and then crew for Rose, his wife, who was also in the race. Moments later a vehicle crested the hill, followed immediately by another automobile careening across the centerline attempting to pass. Andrew was violently struck and killed instantly by the speeding car which then went out of control, narrowly missing me and leaving the road just across from me. The impact of the car on a rock outcropping sent metal flying, bouncing off me and my helmet. The eighteen year old driver was also killed. It was every cyclist's worst nightmare come true, and it still seems unreal to me.

On the radio a few days ago the announcer mentioned the terrible force of the earthquake that had just shaken the California desert. He stated that this force, one of the strongest known to man, had caused only one death, a sleeping three year old boy who had been crushed by the cinderblocks of a falling fireplace. The announcer went on to wonder at the incredible chain of events that had led to his death, as the child had just travelled across the country with his parents to their high school reunion. He had no explanation for this, just I have none for the tragic twist of fate that sent my gentle friend on a collision course with the darkest side of youthful bravado.

As many of you know, Andrew was an accomplished ultra-distance cyclist. AS a final tribute to him I would like to quote from a poem "The Men That Don't Fit In" by Robert W. Service that I think describes him pretty well:

There's a race of men that don't fit in,
A race that can't stay still;
So they break the hearts of kith and kin,
And they roam the world at will.
They range the field and they rove the flood,
And they climb the mountain's crest;
Theirs is the curse of Gypsy blood,
And they don't know how to rest.

Goodbye, Andrew. I'll miss you!

Mark



RBC Meetup: Important Points

As most of you are aware, the club's electronic calendar is on [RBC Meetup](#), where you'll find detailed information about rides including maps, cue sheets, electronic routes, and start locations. You can see who else is going and whether other riders of your speed and/or style are attending. It works very well as a place to post and look for comments and clarifications. RBC Meetup will also enable you to be aware of rides that have been added and post or view ride photos.

Last year, the club transitioned pretty well to a member only meetup model. There have been occasional hiccups. Have you experienced any of these?

I can't see the details for the rides at all

To see the details on RBC Meetup, you must have a Meetup account and "request to join" RBC Meetup. Once you have [established a Meetup account](#), go to [RBC Meetup](#) and click the **Request to join** button. It may take up to 24 hours to approve, so don't wait until you're ready to attend a ride. You only need to do this once.

I can't see the details for the routes when I click on the rides in the RBC Meetup emails

You must be logged into RBC Meetup on the device that you are using in order to click on ride details in the emails. It's best to stay logged into RBC Meetup on all the devices that you use to access the ride information.

I'm getting too many emails from RBC Meetup!/I am not getting any emails from RBC Meetup!

Read the information located in the [Notification Settings](#). The instructions differ depending on whether you are on the desktop, mobile, or the app. "Editing my email settings" allows you to choose the type and the frequency of emails that you receive. You can unsubscribe to all of them or to some of them. If you are using the app, you can have notifications sent to your mobile device. If you enable those notifications ("Editing my push notification settings"), you will no longer receive email notifications.

Thanks for RSVPing and posting communication related to rides! It's so helpful to attendees and those considering going. Often the first few RSVPs "get the ball rolling" for a ride.

Carry Your ID

Cycling definitely has risks. Most of us have the scars to prove this. It is often overlooked, but ID/contact (and special medical) information is very important to carry (on you and on your bike), even on club rides. Face it, you may not be conscious (or even with someone) when that information is most needed.

Carry your ID in your jersey pocket or in your bike bag. Even better, invest in a Road ID (or equivalent). Just do it and use it during every ride!





Tour de Cure

The Tour de Cure returned as a live event on June 11 and the Rochester Bicycling Club was a huge presence on Tour day! We were the largest team at the Tour, the top fundraising team, and it seems safe to say that we might have had the most fun!

Some things to note about the 2022 RBC Tour de Cure Team:

- * We had 75 registered team members.
- * Our team raised more than \$37,000 for the battle against diabetes.
- * We had 12 Champions—those who raised \$1,000 or more.
- * Team members collectively rode 2,970 miles on Tour Day. Wow!
- * A few of our team members finished their ride in the rain as a storm blew through in the afternoon. But they were troopers and finished their rides!
- * We received recognition from the start line platform as the top team at the Tour!
- * We had a fantastic party in our team tent after the ride. Food trucks, music, friends old and new!
- * We won the Team Tent Decorating Contest!
- * Ages of our team members ranged from 12 to 91.
- * We were the loudest team! Really. The loudest. We had cow bells and an air horn and we were loud!
- * When the site was evacuated due to thunderstorms, many of our team members waited out the storm in their cars and came back to the team tent to continue the party and to cheer for riders still crossing the finish line. We cheered for everyone!

Many thanks to all who participated in the RBC Tour de Cure Team and to those who supported us. It was an amazing day of celebrating our love for riding together, while making a difference in the lives of others at the same time. We have much to be proud of. And wow! Did we have fun!!

Bonnie MacLean





RBC Cycling Education Opportunities

Keep an eye out for RBC cycling education related opportunities.

Clinics and Workshops

As each one is scheduled, details will be sent via RBC emails. The events will also be included on the front page of our [website](#). You must register for the classes.

Upcoming clinics and workshops include the following:

- * On-the-Road Repairs
- * Bikepacking

Ongoing Education and Safety Messages on RBC Facebook

Get on [RBC Facebook](#) for ongoing educational posts.

- * Weekly posts called "Safety Shorts" (created by NYS Bicycling Coalition): Each set of messages is posted over 6 weeks. Topic examples include "General Roadway Position," "Basic Principles of Bicycle Safety," "Riding in the Rain."
- * Bi-weekly videos (created by Bike New York). Most of the videos range from 2 to 4 minutes in length. Topic examples include "Where to Ride on the Street," "How to Use Hand Signals," "How to Take the Lane."

In the future, [Smart Cycling videos](#) from the [League of American Bicyclists](#) will also be added. If you are not on RBC Facebook, take some time to browse them!

Newsletter Articles

We will continue to provide relevant cycling education in each newsletter issue. Lori Burch (League Certified Instructor) will provide our core articles, with additional messages added by others. Please let us know if there are specific things we can emphasize based on your experience or observations.

Kathy Riegel (Acting Education Director)

AAA Membership Coverage

If you are a AAA member, you're covered on your bicycle at no additional cost to your policy. This is great to know! Transportation service will be provided for you and your bicycle when it has become disabled. They will take you and your bicycle to the location of your choice according to the towing distance included with your membership.

Visit [AAA Bicycle Assistance](#) for details.





Don't Miss the Boat

[RBC Meetup](#) is the main communication tool for club rides.

We strongly encourage you to RSVP. When you RSVP, you will receive communications related to the ride.



If you do not RSVP, we highly recommend that you at least look at the event before coming to a ride, especially if weather is "iffy." A ride may be salvaged by delaying it an hour or so. Also, a start location may change if new information necessitates it.

So if you are not looking at RBC Meetup, there is a chance that you will "miss the boat" by not being aware of last minute changes.

RBC Member Forum

Did you know that RBC has a member forum? Our member forum is used by very few. The likely reason is... you didn't know that it existed!

You can share information or ask questions on anything cycling related. Our members have a wealth of knowledge and experience. Some possible topics are cycling trips, gear and accessories, cycling safety, or creation of a Zwift group.

You can subscribe to receive notifications for all topics or just selected ones, and get notified with each post or just weekly.

To subscribe to the RBC Member Forum, visit the [Member Forum](#) page (News | Forums | Member Forum) on the RBC Website.

RBC Business Cards

We have business cards! You can hand them out anytime, at rides, social activities, etc., to promote our club. The cards also include rules of the road and safety reminders. If you would like some cards, contact Kathy (kriegel2@gmail.com).



Advertising

RBC members are encouraged to advertise in the [Classified Ads](#) section of the RBC website, which is where member ads now live.

For non-RBC member, the rates are as follows:

1/4 page: \$10 per month (free for bike shops)

1/2 page: \$15 per month

Full page: \$25 per month

To advertise in the newsletter, submit your ad and payment via the RBC website. Click News | Place a Newsletter Ad and follow the instructions located on the [Place a Newsletter Ad](#) page. You can also email the ad file to rbcnews19@gmail.com.

The submission deadline is the 23rd of the previous month. For the November/December issue, the deadline is October 23 and for the January/February issue, the deadline is December 23.



Love My Tyre Glider

There is a venerable aphorism, which states that “necessity is the mother of invention.” What could be more necessary than alleviating the bane of cyclists... the removal and reinstallation of a stiff-walled, puncture-resistant tire on a clincher rim. So from across the pond, a savvy Brit, tired of struggling with recalcitrant tires like the Continental Gator Skin, gave birth to his invention, aptly called the [Tyre Glider](#).

This handy tool is a godsend for those of us lacking the strength of Sampson, who resort to using a standard tire lever to pry the final section of the tire back onto the rim. And as most of us have found, you better be extraordinarily careful when trying that method or the result will be a pinch flat. The design of the Tyre Glider allows the use of gravity and body weight to push the tire over the rim wall. And because it does not contact the tube, it will not cause that dreaded pinch flat. Watch the video in the [Tyre Glider’s website](#) to see how it works.

All I can say is that this tool works as advertised. If you would like added testimony, ask fellow RBC cyclist Joyce DeBlicek. The Tyre Glider is by no means too good to be true... it’s just flat out good enough. The caveat? If you have a carbon wheel set or any wheel set that has a rim wall thickness of 3 mm or greater, the Tyre Glider will not fit. It will, however, fit all but a very few aluminum rims. I have read, though, that this will be corrected in the near future.

In case you are wondering if I am promoting the Tyre Glider for my own profit, all I can say is “*I wish I was!*” I am just so pleased with this tool that I wanted RBC cyclists to have the opportunity to ride carefree, unconcerned that the dreaded flat tire would ruin an otherwise beautiful day riding.

Rob Begy

Show & Go Rides

Show & Go rides start every Thursday evening at the Penfield Library. There are six different routes to choose from (twelve when you include the reverse routes (e.g. 440dr is the reverse of 440d). The choices range from 20 miles to 40 miles. Even the shortest ride has some noticeable climbs. Furman Hill has brought smiles to RBCers for over 50 years, and is a regular feature on most of these routes.

If I plan to attend, how do I know which route the group will ride? A leader may suggest route(s) beforehand, but due to tradition, this is sometimes determined as riders gather at the start. The group may do two different routes depending on who shows up.

Bring Map 440 and download all route choices on your electronic device. Bring lights with you so you won't be caught out after dark.





Welcome New RBC Members!

- | | | | |
|----------------------|----------------------|-----------------------|-----------------------|
| * Robb Adams | * Ram Surya Gona | * Toni MacDonald | * Maeve Reilly |
| * Nancy Adams | * Joanne Guarnera | * Cam MacDonald | * Chuck Ruffino |
| * Thomas Bares | * Don Gusmano | * Cindy MacDonald | * Miriam Ruth |
| * Zachariah Barfield | * Richard Harrington | * Ted Malone | * Thaddeus Schickling |
| * Patrick Brennan | * Darlene Harrington | * Mark Mazzo | * Peter Schroth |
| * Brian Brodine | * Mary-Louise Hayes | * Joseph McArdle | * Sandy Schroth |
| * Steven Brown | * Hugh Higgins | * Sean McDonald | * Emily Sherwood |
| * Bob Burkhardt | * Josiah Honan | * Emily McEntee | * John Spas |
| * Chris Burruto | * Kelly Honan | * Kerrie Merz | * Daniel Stafford |
| * Chris Byrd | * Agnes Jonas | * Joseph Mowrer | * Susette Sternberg |
| * Jean Carroll | * David Jordan | * Barbara Naab-Dobner | * Barry Sternberg |
| * Julie Covach | * Richard Kosbab | * Kevin Nasca | * Carol Thomas |
| * Theresa Croce | * Howard Kravetz | * Russell Nordquist | * Russ Turner |
| * Andy Crosby | * Valerie LaForge | * Jessica Nordquist | * Cory Tylenda |
| * Charles Culbertson | * Ted Leaf | * Victoria OBrien | * Dustin Tyo |
| * Susan D'Aprix | * Diana Lewis | * Rachel Ostrowski | * Stephenn van Ness |
| * Kimberly DelMonte | * David Lewis | * Brian Panulla | * Emily Varcoe |
| * Ken DeLong | * Sharon Lewis | * Austin Persaud | * Jennifer Walsh |
| * Michael Dobner | * Kaye Licherdell | * Dan Persaud | * Matthew Walsh |
| * Robert Dostie | * Joanna Lipp | * Kate Phillips | * Mary White |
| * Deborah Drago-Leaf | * Megan Lisbon | * Donald Powell | * Tom Wurzer |
| * Nate Gadoury | * Mike Loftus | * Tom Racculia | |
| * Nancy Garrison | * Gail Love | * John Reef | |
| * Charles George | * Chuck MACCARY | * Brendan Reilly | |

RBC Club Ride Jersey

Are you interested in supporting the club by wearing a club jersey? Visit the [Club Jerseys](#) page (About | Club Jersey) on the RBC website to purchase one.





Member Mingle

About 80 attended the RBC Member Mingle at Three Heads Brewing. It was so nice to have a chance to enjoy time together off the bikes. There was a lot of reconnecting, and opportunities to meet those newer to the club. After the couple of years we spent social distancing, we'll never again take gatherings for granted! If you have ideas for future events, please contact Kathy (kriegel2@gmail.com).



Dogs: We Love Them But...

They will be dogs, and sometimes that means they will dart out into the road.

- * Keep your eyes open, and if you see one, point it out to others.
- * Consider stopping as this can avoid a bicycle/dog crash. Give a loud firm command to "go home!"
- * If bitten, determine the dog's address. Other riders can help to see where the dog lives. Report to the police and contact Animal Control too (unless the police are doing that.)





Myth Busters

Myth #3: If the Ride Leader is Fast and I am Not, I Should Not Choose That Ride

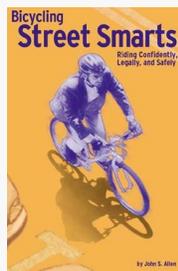
Hmm... I wondered... what in the world does the ride leader's pace have to do with the price of tea in China? Leaders are there to sign people in and to give some pre-ride instructions. Having an established ride schedule with leaders is one of our club's greatest assets. People have told me they won't go on an "Otto ride" or a "Kevin ride." I do "Otto rides" and "Kevin rides" all the time. Otto and Kevin are fast. I am not fast. We all enjoy the same ride and stop at the same places. That's what an RBC club ride is - shared experiences!

FYI: In 1989, very early in the club's history, it was noted in the RBC newsletter that ride leaders were not responsible for keeping people together. Instead, all riders were asked to bring a map, so they could ride at their own pace, as "more people would be able to enjoy the ride if they go at their own pace."

To read other myth busters, visit the [Myth Busters](#) page (Resources | Information for New Riders | Myth Busters) on the RBC website.

Bicycling Street Smarts Booklet

Does this yellow book cover look familiar? RBC sends a copy to new members. If you have not see it in awhile, it would be well worth browsing the [online version](#).



This booklet describes the nuts and bolts of safe and legal on-road cycling including lane-positioning, navigating intersections, expert control of brakes and steering, emergency maneuvers, and dealing with difficult situations. By learning correct riding techniques and mastering control of the bicycle, any cyclist from beginner to expert will enjoy increased confidence and safety while riding any road.

Bike Cases for Travel

Going on a trip and want to take your bike with you? We want to remind you that RBC has several hard shell bike cases that members can borrow for FREE. A \$100 deposit is required, but it is refunded after you return the case in good condition.

Check out the [photos](#) on our website (Members Area | Club Documents | Bike Case Rental). The specs are as follows:

- * Black Rolling Case (2 available): 11.5" wide; 44" long; 33" high, including 3" wheels; 37.5 lbs
- * Blue Rolling Case: 17.5" wide; 48" long; 33" high, including 3" wheels; 41.5 lbs
- * CrateWorks Corrugated Box: 11.5" wide; 44.5" long; 31" high, without wheels (detachable wheels); 20.6 lbs

To borrow one, refer to the [Bike Case Rental](#) page on our website.

Newsletter Publications

We have changed the newsletter publication frequency! The newsletter will be published as follows:

- * January/February
- * March/April
- * May/June
- * July/August
- * September/October
- * November/December

To submit an article, a photo, information about special events, or any other cycling-related information to be included in the newsletter, email them to rbcnews19@gmail.com. The submission deadline is the 23rd of the previous publication month.

To view previous issues, visit the [Newsletters](#) page (News | Newsletters) on the RBC website.



Avoiding Hazards

We all love a group ride! In fact, it's the hallmark of the Rochester Bicycling Club! Whether you ride on a club ride or with a group of friends, there are rules, spoken and unspoken, and group riding etiquette that govern cyclists' behavior and strive to keep the ride safe and enjoyable for all. These rules and tips can vary from group to group, but one important tip that stands out, perhaps as the #1 group riding tip, is pointing out hazards. Everyone appreciates the cyclist who points out hazards. I came across an article on this subject, shared in another cycling group, that I thought would be helpful to share with you. You can read the [full article](#), but I will excerpt some important points here.

Why is pointing out hazards such an important tip?

Pointing out hazards can not only save you, but it can save the group from devastating crashes. It takes no particular bike handling skills other than being able to take one hand off the handlebars. It requires no practice or years of experience. And yet it can help avoid gnarly bike crashes. Anyone can do it. Everyone should do it!

What are hazards that should be pointed out?

Really anything that poses a risk to you and/or your group. There may be too many to list them all. When you are in the front of the group, you may be able to easily avoid a bump, dip, crack, pothole, etc. in the road but in the middle or in the back of the group, it may be much more difficult to see. Hazards may include, but are not limited to:

- * Road defects such as cracks, potholes, uneven surfaces, dips, bumps, and more.
- * Construction issues such as cones, metal plates, ditches, incomplete road surfaces, signs, and more.
- * Traffic signals and stop signs and other road signs and indicators.
- * Traffic issues such as heavy traffic, car up ahead, car back, passing cars, parked cars, big trucks, cars at intersections.
- * Intersections and directions such as right and or left turns, slowing, and stopping.
- * Road debris such as branches, rocks, gravel, sand, bits of car tires, glass, pieces of wire, a plethora of pinecones, the million weird things that fall out of cars and end up on the shoulder or bike lane, etc. and more.
- * Dogs, runners, pedestrians, and other living things, or previously living things. So many possibilities here that must be called out. Stray dogs or even dogs on a leash on the sidewalk or on a trail that get too close can be a disaster.
- * Other road or trail users ahead of or overtaking you. Calling out "RIDER UP," "WALKER UP," or "RIDER BACK" helps all those around you who may not yet be close enough or positioned yet so to be able to see what's coming from the front or from behind.

There are many more. This is just a quick list of the basics. Every town and country will likely have its own unique set of "hazards" you may encounter. Point them out!

What is the best way to point out hazards?

- * With hand gestures that are easily seen by all cyclists in the group. With your arm tight at your side, it is very hard for anyone other than the cyclist directly behind you to see what you are doing. With your arm extended fully out, perpendicular to the road, it makes it much easier for those behind you to see, even several cyclists back.
- * With verbal calling out in a loud voice so that if someone was not able to see





you pointing at the hazard, they may hear you and thus focus their attention more acutely on what might be ahead. Ideally, calling AND pointing out should be done together. The two combined are unmistakable. However, on its own, verbal calling out may be effective when warning of an approaching car. Calling out “CAR BACK” or “CAR UP” can warn cyclists who may not yet hear or see approaching vehicles.



- * Pass it On just like the childhood “telephone game.” If you hear or see a cyclist indicating a hazard, a change in speed or position, an approaching vehicle, or other road or trail users, etc. be sure that you also signal and/or call it out. Don’t assume that all the others around you heard it or saw it just because you did. This has a two-fold benefit, allowing others to be alerted and also letting you know that they heard/saw your signal.
- * PreRide call outs are great before a ride to draw attention to anything in the route that you know ahead of time may appear as a hazard or that might warrant caution. Even if you are not the ride leader, don’t hesitate to make others aware.

Lori Burch (Safety and Education Instructor)

Jan Bares

Lifetime RBC member Jan Bares passed away recently at age 84. He was a club member for over 30 years.



He is remembered fondly for his hilly route creations. He came up with 26 of them, mainly in the Southern Tier. Hilly is an understatement it comes to "Jan rides." If you have done one or more and survived, congratulations! Jan would never deviate from RBC routes as drawn because of an appreciation for the aesthetic aspects or challenges that had been planned into the design. In his eyes, towns were not necessary for obtaining food and drink, as it all could be carried with you. His other passion was tango dancing.

Here is Jan at the 2021 Member Mingle.

Class 2 E-Bikes

Our insurance company has reminded us that Class 2 E-bikes are not covered by club insurance and we want to make sure our members are aware.

A Class 2 E-bike is an "electric bicycle equipped with a motor that may be used exclusively to propel the bicycle and that is not capable of providing assistance when the bicycle reaches the speed of 20 miles per hour." A Class 2 E-bike features a THROTTLE. A throttle can come in a grip-twist or button where you hold it down and the bike takes off without you having to be pedaling.

Any participant who rides a Class 2 E-bike on club rides must accept full responsibility for injury to self and/or to other members of the Club, participants of any Club activity, individuals unrelated to the Club and to the Club itself for any loss or damages arising from the use of a Class 2 E-bike during a Club activity.



Cycling in Hot Weather

Now that summer is in full swing and those hot days stick around, it is good to think about how the hot weather affects your body while cycling. The information was extracted from the [Cleveland Clinic's website](#).

Usually, sweat cools your skin and acts like an air conditioner for your entire body. When you're cycling on a hot day, your body works hard to regulate its core temperature. Heat exhaustion happens when your body temperature rises too high and your body can't cool itself down. If action is not taken, it can progress to a much more serious situation (heat stroke).

You lose fluids and electrolytes through sweat. If your body loses too much fluid and sodium (salt) and you don't replace them, you become dehydrated. Dehydration can lead to heat exhaustion. When your body overheats and can't cool itself down, it will let you know!

What are the symptoms of heat exhaustion?

Symptoms may develop slowly or suddenly. Before they appear, you may develop a red rash (heat rash) or heat cramps. These painful muscle cramps can affect any muscle, but they usually happen in the arms or legs. Heat exhaustion symptoms include:

- * Dizziness, light-headedness, blurred vision, and headache
- * Fever
- * Fatigue, weakness, or fainting
- * Nausea and vomiting
- * Rapid, shallow breaths
- * Severe or excessive sweating and cold, clammy (damp) skin
- * Swollen ankles or swelling in the feet and hands
- * Weak, fast heartbeat and low blood pressure when you stand up

What do I do if I think I have heat exhaustion?

If you (or someone you are riding with) has signs of heat exhaustion, it's important to take action right away. You should:

- * **Cool down:** Find a shady spot. You can wet a cloth with cold water and place it on your forehead or the back of your neck (or pour water over your head and your jersey).
- * **Drink:** Take small sips of water or a sports drink with electrolytes. Drink water, but don't drink too much too quickly. Consider carrying electrolyte tablets or powders.
- * **Rest:** Sit or lie down so your body can rest.
- * **Seek help if you need it:** If symptoms worsen, call 911 or go to the Emergency Room.

Can I prevent heat exhaustion?

The answer is yes. To prevent heat exhaustion, you should:

- * **Avoid overheating:** When riding on a hot day, take frequent breaks in the shade or another cool spot. Adjust your pace. Hot humid days are not the times to ride faster than you normally would. There is no need to "keep up with others."
- * **Drink fluids:** Stay hydrated by taking sips of water or a sports drink every 30 minutes or so. Don't wait until



you're thirsty to drink. You can lower your chance of heat exhaustion by making sure your body has the fluid it needs.

- * Know your risk: If you are 65 or older, take diuretics, heart or blood pressure or chemotherapy medications, carry extra weight or have diabetes or heart disease, or had heat illness before, you're more likely to develop heat exhaustion.

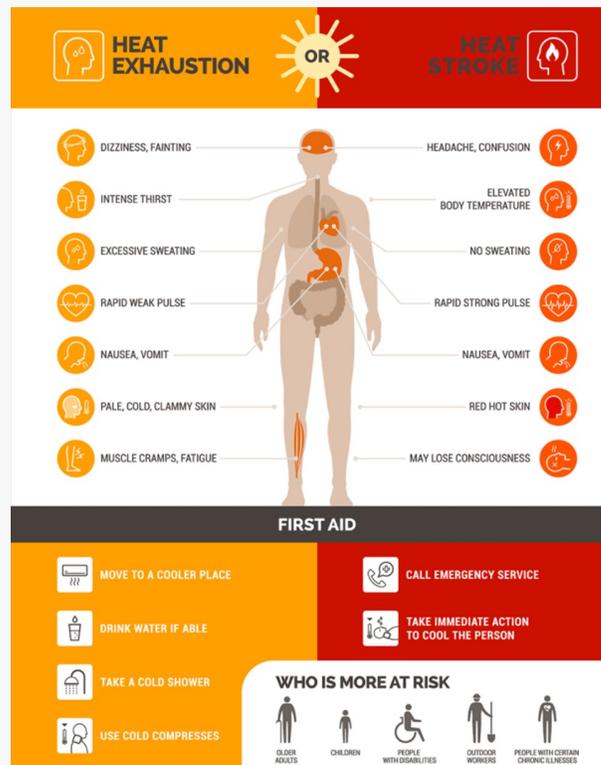


Image Credit: sfmc.net

Please Take Photos!

We need more folks to take photos and post on [RBC Meetup!](#) Please consider taking one or more when the opportunity is there. Potential opportunities:

- * In the parking lot before the ride. Pull the group together for a shot. If the group is large, walk around and ask small groups of 3 or 4 if they are willing to pose. Just say "Look happy to be on an RBC ride!" and they automatically smile.
- * At a regrouping stop. It's a great time to grab a shot.
- * If you see great scenes such as animals, buildings, flowers.
- * Riding shots are fantastic if you are skilled enough to get them safely or have a helmet cam. Another option is to ride ahead and stand at the side of the road.

People LOVE seeing the pics, so if you can take some, everyone will appreciate it. The club photographer is... YOU.



Are You a Moderate-Paced Rider?

All of our regular club rides are suitable for a wide range of riders. Participants average from 12-13 mph to 17-18 mph+. Having a diverse set of folks at club rides greatly increases the chance that everyone will have someone to ride with and are not struggling to "keep up." We all have different goals when riding... for some it is to ride fast, but for others it is to ride at a slower comfortable pace, enjoying scenery and conversation.

If you are a moderate paced rider (average 13 mph or less), here are some tips:

- * RSVP for rides on RBC Meetup.
- * Include a comment: "I plan to ride at a moderate pace (average 13 mph). Hope others will join me." or "Some of us plan to do this ride at a moderate 'touring' pace." Similarly-minded folks will magically join in as a result of seeing your note!
- * Come to the rides with others who ride your speed and style. You will then be there for other moderate pacers!

For those just starting out or average less than 12-13 mph, the Supported Rides are shorter and easier.

Member Benefit: Insurance

There are so many benefits of being an RBC member! A valuable one that many are not aware of is insurance coverage. Paid RBC members or first time guests are covered for liability claims arising out of club rides or events and in the event of accident or injury, may be reimbursed for excess medical expenses.

In order to be covered, you must maintain your membership and sign the waiver/sign in sheet prior to participating in club rides. For more information visit the [Insurance](#) page (Members Area | Club Documents | Insurance) on the RBC website.

CPR: You May Save a Life

Would you know what to do if something happened to someone you were riding with? You can be more prepared by reviewing CPR. These two one minute videos from the Red Cross and the American Heart Association on how to do "hands only" CPR are useful:

- * [Red Cross Hands Only CPR](#)
- * [American Heart Association Hands Only CPR](#)

The ideal is to take a class or course. But if you've been putting it off and someone needs you tomorrow, having the knowledge and skills may make a difference.

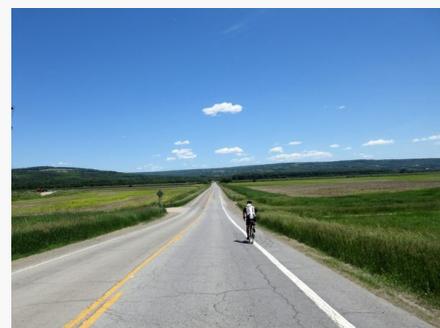
Accessing RBC RWGPS Routes

Are you encountering problems accessing RBC Ride with GPS (RWGPS) routes?

Routes are only available to RBC members with RWGPS accounts that are explicitly registered with RBC's Ride with GPS Club. Creating/registering your RWGPS account requires action on your part.

To resolve this issue, visit the [Using RideWithGPS](#) page (Members Area | Using RideWithGPS) and follow the included instructions. You'll be "back to normal" in no time!

If you have questions, contact Chris Schiffner (rbrides@gmail.com).





Post a Ride

All RBC members can post rides. A ride can be posted as long as a pre-scheduled ride of that type is not on the calendar.

Rides can be posted via the [Schedule a Ride](#) page on the RBC website. It is simple to use (and mobile-friendly!). You must be an RBC member to post [refer [How to Add a Ride](#) (Rides | How to Add a Ride) for more information]. If you are an RBC Meetup member, you can be notified of added rides via email or push notification on your smart phone. You can also check the RBC Meetup schedule.

Most folks like weekday rides in the 20-40 mile range and not too far to drive. In addition to the local ones, some remote challenging rides also exist. Are two rides that occur at the same time allowed? 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.

Did You Go on a Cycling Trip?

If you went on a cycling trip, consider writing a short article about your trip and include a few photos. Send the information to rbcnews19@gmail.com. Cyclists love to read about other cyclists' adventures!

Local Bike Shop Perks

Did you know that many of our local bike shops offer regularly scheduled rides? They also offer clinics for riders to learn how to handle a flat tire or do basic maintenance on their bikes.

See the [Local Bike Shops](#) page (Resources | Local Bike Shops) on the RBC website.

Also, most of the shops offer discounts to RBC members. Keep your membership card in your wallet... you can save quite a bit on your purchases.

To see the discounts that are offered, visit [Club Documents](#) page (Members Area | Club Documents) on the RBC website and click [2022 Bike Shop Discounts](#).

Group Riding Safety Rules

Don't forget the usual safety rules for group riding!

- * Follow traffic laws.
- * Be predictable.
- * No more than 2 abreast.
- * Merge single-file to allow passing (if safe).
- * Call out "car back/car up".
- * Call out "passing" when passing others.
- * Never pass a car or riders on the right.
- * Signal slowing, turn, stop with voice and hands.
- * Call out/point out hazards with voice and hands.
- * No abrupt changes when riding in a group.





Board Meeting Minutes Summary: April

Below is the meeting minutes summary of the April Board Meeting. To read the full meeting minutes, visit the [Meeting Minutes](#) section of the RBC website.

Treasurer:

- * Account balances as of 3/31/22: Checking: \$14,656, Investment: \$14,752. Membership income: \$4,676.
- * First sales tax payment to NYS made (due quarterly first year). Paid Wild Apricot, Meetup, PO Box. IRS Form 990 submitted.

Membership:

- * 582; 45 new since Jan 1. Archived 9 life members. Lapsed members removed from Meetup and RwGPS. Link to join RwGPS is members only.

Education:

- * TBS soon: Flat Tire, Ride W GPS, Bike Handling & Safety. Ongoing education in newsletter and RBC FB. A series of short videos from Bike NY will be on RBC FB. Added to web.

Advocacy/Publicity:

- * Advocacy: Meetings for NY Safe Streets Coalition. Asked members to take action in support of CVRSA legislation. On RCA multi-modal transportation steering committee.
- * Publicity: Updated Bike Shop Rides and Clinics page on website.

Maps and Rides:

- * Maps: Will start working on map update requests for routes often used.
- * Rides: All deliverables for season complete. In lieu of a meeting, email sent to ride leaders. Information specific to trail rides suggested. Ride Leaders Brochure on web confusing to read (in print tri-fold format).

Other/New/Timeline Items:

- * Newsletter deadline: 4/23.
- * Jerseys: Sold 2 at kick-off event.
- * Kickoff/season startup: 62 riders. About 50 attended post-ride banquet and awards. First indoor event since Covid start. Pizza with bringing snacks or desserts seemed to work well.
- * Challenge ride: Event application submitted (Monroe County Parks).
- * Bob Lechner remembrance gift/donation: Obit will be 4/17. Remembrance event to be held in Victor park. Motion to donate \$100 in memory of Bob Lechner approved. Charity TBD.
- * Change newsletter frequency: Agreed to change publication to 6 times per year. Jan, Mar, May, July, Sept, and Nov.



Board Meeting Minutes Summary: May

Below is the meeting minutes summary of the May Board Meeting. To read the full meeting minutes, visit the [Meeting Minutes](#) section of the RBC website.

Treasurer:

- * Account balances as of 4/30/22: Checking: \$13,180, Investment: \$14,108. Membership income: \$1,730.
- * Major expense: website \$2,246, awards banquet \$539.

Membership:

- * 640. 40 new last 30 days.

Education:

- * Ongoing education (newsletter/RBC FB). LAB Smart videos added to RBC website. Videos on RBC FB; to coordinate LAB ones with others. 15 attended RWGPS (5/2). Upcoming: Bike Safety (5/21), Flat Tire (5/23), Flat Tire (6/20), and RWGPS (6/16). TBS: Bike Packing, Emergency Repairs on Road.

Advocacy/Publicity:

- * Advocacy: Meetings: NY Safe Streets Coalition for CVRSA; RCA for city/county Active Transportation plans.
- * Publicity: Motion for \$500 donation to Crit for volunteer t-shirts approved. RBC logo on t-shirts and Crit website. Table at Crit. Request from Dick's to be on our website. Not added based on store visit, offerings. RBC to participate in Bike Expo at store on 5/14.

Maps and Rides:

- * Maps: Question if map revisions needed for Challenge ride.
- * Rides: Provided information to trail ride leaders about safely passing horses and pedestrians for pre-ride briefings. To be in the ride leader presentation.

Upcoming Events:

- * Criterium: 5/21; RBC table: Mike, Otto, Paul. To email members for additional volunteers.
- * Tour de Cure: 6/11- 57 on team. At \$18K of \$25K goal. Getting tent. To email members for joining/donating.
- * Challenge Ride: 8/20 Mendon Ponds. Question of which shelter. Rides of different lengths/difficulties.
- * Member Mingle: 6/27 at Three Heads Brewing. Board approved up to \$250 for pizza, snacks and water.

Other/New/Timeline Items:

- * Newsletter deadline: 6/23 (for Jul/Aug edition).
- * Jerseys: 1 sold.
- * Bob Lechner donation: Reviewed 3 charities. Approved \$100 donation to Endless Highway
- * NYS Certificate of Change: Approved Amy Williams be contact for the club.
- * Appreciation gift to Bernie Carroll for RBC tax status consults: Approved granting Lifetime membership.
- * Google Drive library for RBC docs: Chris will report to the board on options.



RBC Board of Directors

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Email: sriegel2@gmail.com

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Email: tcalvin001@hotmail.com

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Treasurer

Amy Williams
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Immediate Past President

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OPEN

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Road and Trail Advocacy

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Website/Ride Stats

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Email: bkjensen99@yahoo.com

LAB Touring/Ride information/Club Representative

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