



Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 46 Issue 4

May 2013



The Gang at Green Road

May 19, 2007

In This Issue

April Showers bring May Flowers	Cover
In This Issue	i
Announcements	1 - 10
Why Join the RBC Directory?	11
How to Use the New Website	12 - 13
The 2013 Rochester Bicycle Film Festival	12
How to Use the New Website	13 - 14
Education Report	14 - 16
Board Minutes for December 2012	17 - 18
Board Minutes for March 2013	19 - 20
Want Ads	21 - 22
Board of Directors and Coordinators	23

Upcoming Events Summary

Board Meeting

Sunday May 5
7:00 pm

2013 Bicycle Film Festival

Tuesday May 14
6:30 - 10:30 pm
Cinema Theater
957 S. Clinton Ave.

Ride of Silence

Wednesday May 15
Penfield Town Highway Dept. on Jackson Rd
6:20 pm

Bike to Work Day

Friday, May 17

Flat Tire Clinic

Tuesday, May 21
Christ The Good Shepherd Lutheran Church
1000 Winton Rd N
7:00 - 9:00 pm

Susquehannock Trip

Friday May 31

The Flower City Cyclist

Our Mission:

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

This Newsletter is published as scheduled below by the Rochester Bicycling Club

Newsletter Deadlines:

Mar	Feb	15th	Issue 1
April	March	15th	Issue 2
May	April	15th	Issue 3
June	May	15th	Issue 4
July	June	15th	Issue 5
August	July	15th	Issue 6
September	August	15th	Issue 7
October	September	15th	Issue 8
Nov-Dec	October	15th	Issue 9
Jan-Feb	December	15th	Issue 10

Newsletter Advertising:

The Flower City Cyclist accepts paid ads and preprinted inserts. Paid ads will run for one issue. Copy and payment are due on the deadlines listed above.

Rates are:

1/4 Page \$10.00
1/2 Page \$15.00
Full Page \$25.00

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

THIS NEWSLETTER IS ONLY AVAILABLE VIA EMAIL:

Send your email address to:

RBCMembership@gmail.com

Contributing?

The editor accepts all bicycling related, member submitted articles, photos and artwork for the newsletter. Special consideration is given to RBC related activities, rides, special events and your personal experiences, cycling tips and adventures! Share your stories!

Submit articles to:
rbcnewz@yahoo.com

New Announcements

GREATER ROCHESTER EATING AND TANDEM SOCIETY (G.R.E.A.T.S.)



**Do you own a tandem and are
looking for other teams to ride with?**

The G.R.E.A.T. Society is comprised of a group of tandem enthusiasts in the greater Rochester, N.Y. area.

Our mission is to announce and/or provide opportunities for Captains and Stokers to get together for rides and events that are social in nature and that typically involve another favorite pastime of cyclists - the enjoyment of food!

For more information about G.R.E.A.T.S.

Call Mike Barber: (585) 507-7829

or go to: www.greatstandem.com

New Announcements



Susquehannock Lodge and Trail Center

5039 US 6 West
Ulysses, PA 16948

814-435-2163

www.susquehannock-lodge.com

Ed & Carol Szymanik, your hosts

A Warm and Friendly Country Lodge in the Heart of God's Country

Come join us for the 23rd annual Susquehannock Lodge Weekend in Potter County PA on May 31-June 2, 2013.

The lodge is located south of Rochester a little over 2 hours away.

This is a weekend of road riding, Mt bike riding, hiking or doing whatever with others that like doing the same thing.



The weekend is \$128.70 which includes Friday and Saturday night in the lodge shared rooms, breakfast Saturday and Sunday, with dinner Saturday with the option of your other dinner being Friday or Sunday. The additional evening meal and lunches are extra.

For more information call Ann or Steve at 265-4188 or e-mail Ann at:

alcarrol@frontiernet.net. The registration form is on the RBC website, under Rides, RBC rides for the link to the form.

New Announcements

2013 Rochester Bicycle Film Festival

What: Rochester's first Bicycle Film Festival

When: Tuesday, May 14, 2013, 6:30 PM – 10:30 PM

Where: Cinema Theater, 957 South Clinton Avenue, Rochester New York 14620

The Rochester bicycle community joins cyclists from across the country in celebrating National Bicycle Week, May 11-18. We are launching an exciting new event this year: on May 14th, Tuesday of Bike Week, the **2013 Rochester Bicycle Film Festival** will be celebrated at our landmark Cinema Theatre at the corner of Goodman Street and South Clinton Avenue.

In the tradition of the Cinema Theatre double feature, we will be showcasing two feature films.

Singletrack High: from Pedal Born Pictures and Specialized Bicycle Components. This newly released film follows a group of students "breaking away" from the typical high school experience. Competitive interscholastic mountain bicycling provides a path to personal achievement for the young athletes in this film as they overcome physical challenges, impoverished neighborhoods, gender and social barriers, and adolescent self-confidence. From muddy Spandex, sweaty tears, and overwhelming mountain tracks to the joy and fulfillment of finishing the race or the winner's podium, filmmaker Jason Seigel-Boettner documents a journey of triumph through cycling in young lives.

Race Across America: filmmaker Stephen Auerbach's exploration of this inspiring and amazing annual 3000 mile, 10 day ultracycling marathon race. It is a story of grit and determination, untarnished by the money and temptations of high-profile professional team bicycle racing. The competitors challenge themselves and each other in near obscurity, testing their mental, physical, and emotional endurance in what has been described as one of world's most grueling races. This film is an overall story about extreme bicycling, but it also collects the personal stories of individual ambitions, dreams, and dedication that inspire extraordinary achievement.

"Bike Shorts": Between the two feature films, we'll have few moments for refreshments and a chance to chat with friends, followed by four entertaining 3 minute bicycle shorts. We will be featuring short films which have won bicycle film festival awards, as well as premiering an entirely "made in Rochester" short bike film.

The evening's events will also include cycling goodies, news & information available in the lobby, and amusing "**Bikeyface**" bicycle cartoon slides in our preview slide loop.

The **2013 Rochester Bicycle Film Festival** is a noncommercial venture provided for the enjoyment of our community. Proceeds of the Festival will benefit **World Bicycle Relief** (<http://www.worldbicyclerelief.org.>) This organization locally manufactures and maintains regionally appropriate bicycles in work or study-to-own programs. Their mission statement: "In the hands of a student, healthcare worker or entrepreneur, this bicycle is life changing. Individuals, communities, and entire economies are empowered. On average each bicycle in the field improves five people's lives."

Early arrival is suggested to get a good seat and to enjoy the pre-show action. Visit your local bicycle shop for tickets; commit to ride your bike to the theatre and show your helmet to receive a discount on our already low admission price. Doors open at 6:30; first feature starts at 7:00. See you at the movies!



Bluegrass Cycling Club

Home of the Horsey Hundred & Red River Rally



HORSEY HUNDRED

Experience Kentucky's Bluegrass on a Bicycle! The 36th annual Horsey Hundred will be held the weekend of May 24-26, 2013, in Georgetown, Kentucky. Won't you grab your bike and join us?

In addition to a visit to the beauty of springtime in the Bluegrass, this year's Horsey offers our traditional Saturday century route through both challenging and beautiful central Kentucky terrain. One of the Sunday ride options even includes a roll through the streets of Paris... Kentucky! So saddle up bike riders and join us for the 36th annual Horsey Hundred cycling event.

Ride Options

Saturday route options include 26, 35, 53, 75, and the traditional Horsey Hundred. Just like last year, collectible pins will be given to those daring enough to ride the Century, climbing to the historic Kentucky's State Capital, Historic Midway, Jack Jouett House and the world class Keeneland Race Track. Sunday routes will take you in different directions on your choice of a 30 mile loop, a 50 miler through Paris or a 75 miler through the heart of the Bluegrass. All routes return each day to the Georgetown starting point.

Recommended starting times between 8 and 10 a.m. are listed on the route maps. The Horsey Hundred is not a race; it is an opportunity share your cycling passion with the camaraderie of others in Kentucky horse country. This is a tandem friendly event with rolling hills and well-maintained roads.

Registration

Registration price includes maps, rest stop snacks, road support, and a post-ride dinner upon your return to Georgetown College. A great prize giveaway will accompany the dinner. Limit is 2,000 riders.

Cost

Online registration - \$65.00 per person until MAY 22, 2013. Children under 5 are free!

Mail-in registration - \$65.00 per person (must be postmarked before May 15)

Onsite registration - \$90.00 per person

Onsite Sunday only option - \$35.00 per person



Jerseys available for \$68

To learn more and register go to:
<http://bcc.clubexpress.com> or scan:



Announcements



The 2013 Rochester Tour de Cure presented by Sage Rutty is looking for Route Marshalls for the American Diabetes Association's signature cycling event on Sunday, June 2nd. The Tour de Cure offers five routes to choose from: 15 Mile, 25 Mile, 40 Mile, Metric Century and Century; Route Marshalls are needed for all.

Route Marshalls are important to ensuring the best possible rider experience on the Tour de Cure. They are part of the complete SAG program comprising support and transport vehicles. Some of the activities of Route Marshalls include:

- Being familiar with the assigned routes, markings and cues
- Sweeping some or all of a route (depending on distance) to identify or assist with rider incidents. Longer routes will be shared.
- Assisting with minor mechanical supports, e.g. flats, dropped chains. Carry two spare inner tubes, tire wrenches, a manual tire pump, and a CO2 canister.
- The ability to change a rear tire (we can train you).
- Assisting with minor first aid - e.g., small cuts. Carry band aids.
- Communicating with Net Control for vehicle support or 911 for emergencies. Carry a cell phone.
- Encouraging safe riding practices.

Being a Route Marshall is a great way to support Tour de Cure and enjoy all the fun and excitement of the event without asking for donations. When riding as a Route Marshall for the Tour de Cure you have no fundraising minimum or registration fee. If you would like to learn more, please contact:

Brandie Cardone at 585-458-3040 x3490 or bcardone@diabetes.org

Lake Placid Weekend

July 11-July 14th

Now that we are in the month of May, the Town & Country Motor Inn is no longer holding rooms for us but that does not mean that rooms are not still available. Just call the number below for the Town & Country and check room availability. My guess is that rooms will be available until early June or even later. Let Anna know that you are with the Rochester Bicycling Club and hopefully she will give you our reduced rate.

Our home base for the weekend will be the Town & Country Motor Inn 2200 Saranac Avenue, Lake Placid, NY 12946. Phone 518-523-9268 or info@tcmotorinn.com. Their web site is www.tcmotorinn.com.

For those in our club who like MT. Biking, Lake Placid has some great riding; this along with many great and classic hiking trails throughout the region will keep RBCer's occupied. And after a long day in the saddle or hiking or maybe even paddling, the many restaurants to choose from will make sure we are all well fed.

There are two good bike shops in town, one, Placid Planet is located just down the road from our Inn. Also to be enjoyed are the various Olympic venues located throughout the area.

The riding will be fantastic, the dining choices many, along with all of the other features of Lake Placid.

Make your lodging reservations soon. Please let Bob Lechner (bblechner@aol.com) know if you have any questions or plan on attending

Announcements

Andrew Spiller 25th Annual Memorial Picnic & Challenge Ride

Planning for this special 25th anniversary of the Memorial Picnic and Challenge Ride on July 27th is coming along with new rides being added this year to provide some variety from just having the two historic loops during the day. This year we will have a Sweep Ride, a Slow & Easy Ride and a Mystery ride being led by two of our more ambitious riders. The Mystery ride will be in the 70 mile range.

We have heard many club members say that they would come to this event but when they arrive there is no one to ride with. So here is where we need some volunteers to lead loop rides beginning at specific times. We would like to have loop rides (25 mile loops) with leaders going out at 9:00 AM, 10:30 AM and 12 Noon. You will still be able to do as many loops as you want during the day and evening. If you would like to lead one of these rides please see the chart below. Additionally if you have a ride that you would like to put on during the challenge Ride day, just sign up by letting Bob Lechner know about your ride.

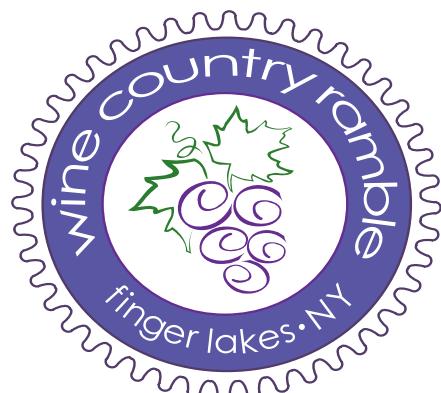
Also needed are volunteers to spend some time at the Farmington Town Park so our shelter is always staffed while others are out riding. Some of us like to organize these events and we also like to ride during the day. So we need about 8 volunteers to staff the shelter for one hour increments. One hour can be a nice rest between riding loops. See the chart below for more info. Volunteering is what makes this club operate, so sign up today!

Volunteer Position	Job Details	When/Where Needed	Volunteer Name
Loop Ride Leader	Lead ride from Town Park at 8:30 AM	Farmington Town Park 8:15 AM	1.
Loop Ride Leader	Lead ride from Town Park at 10:00 AM	Farmington Town Park 9:45 AM	1.
Loop Ride Leader	Lead ride from Town Park at 12 Noon	Farmington Town Park 11:45 AM	1.
Shelter Greeter	Greet people arriving at the Park and staff shelter during assigned time.	Farmington Town Park at assigned time	10 Volunteers needed

If you would like to volunteer for any of the above positions, please contact Bob Lechner at 585-746-5626 or email at boblechner@aol.com

Next month we will have more information about the park location, the complete schedule of events for the day and any other important information concerning this great RBC Event.

Announcements



September 14th & 15th 2013

The second annual
women-only 2-day
bicycle tour in the beautiful
Finger Lakes region
of upstate New York!

to benefit



\$175 registration fee includes

- ✿ eight unique ride choices by beautiful Canandaigua Lake:
Saturday - 19, 31, 60, 88 & 103 miles
Sunday - 17, 33 & 62 miles
- ✿ daily admission / event start & finish at gorgeous Sonnenberg Gardens
- ✿ Sumptuous Saturday evening at: New York Wine & Culinary Center
- ✿ scheduled mansion & garden tours
- ✿ daily morning cycling clinics:
 - flat tire repair
 - yoga
 - shifting techniques
 - street strategies & reducing risk
- ✿ afternoon wine tastings:
20 NYS wines, cheeses & fruit
- ✿ ride support and rest stops
- ✿ Trek Women's demo rig - daily

a la carte
custom
Wine Country
Ramble jerseys
available
for \$70



Wegmans



winecountryramble.com

registration limited to the first 200 riders

Announcements



Two-day Wine Country Ramble Returns this Autumn

Early-bird registration \$15 discount in effect until May 31, 2013!

After rave rider reviews for its inaugural year, the Wine Country Ramble returns to Canandaigua September 14 and 15, 2013. This two-day tour in the beautiful Finger Lakes region of NYS is designed for women-only to challenge themselves on the hills around Canandaigua Lake while being treated like QUEENS in-between rides. Read Onno Kluyt's blog for a WCR volunteer's humorous perspective: <http://blog.onno.com/2012/09/20/the-weekend-everybody-smiled/>. Routes have been designed for beginners through seasoned riders, range from 18 to 103 miles long, and can be viewed on the WCR website: WineCountryRamble.com.

There are LOTS of goodies included with registration: Trek demos, clinics, great routes, Sonnenberg Mansion & Garden Tours, wine & cheese tastings, a sumptuous Saturday evening at the NY Wine & Culinary Center and MUCH more. Check out the WCR website above for more details.

This is a male-dominated industry - let's get more women out there on bikes! RBC men - you can show your support for this concept through volunteering. The women got a big kick out of the guys at the rest stops and their "personal paparazzi" on route last year! A big shout out to those male RBC members who helped: Tom Balland, Bill Crowe, Brad Jensen, Onno Kluyt, David Lamb, Bob Lechner, Ginn Lee, Whitey Link, Wayne Schueing, Matt Scheffler and Scott Wagner. Thank you to the RBC women pitched in as well: Donna Erhart, Pamm Ferguson, Robin Cowdery, Jane Sirois, Ann Carroll-Lee and Martha Lamb. Thank you one and all. An invitation to the wine and cheese tasting and Sonnenberg Gardens & Mansion Tour is a perk for volunteers. An added feel-good benefit: last year's WCR raised \$4,000 for the non-profit arm of Sonnenberg Mansion & Gardens, a gem in the heart of Canandaigua.

If you can give a couple of hours or more on the weekend of the tour, September 14 & 15, or before or after the tour, please contact Cindy at cindyf1216@gmail.com. Volunteer opportunity details and a schedule will be provided. We can't do it without you.

Please register soon, this deal ends 05/31/13. <https://www.bikereg.com/NET/19049/The-Wine-Country-Ramble>

Thank you!

Announcements

The Ride of Silence is coming soon

When-
Wednesday

May 15 at
6:20pm

Where- Penfield
Town Highway
Dept parking lot,
on Jackson Rd
just north of
Atlantic

Why- To slow
down and
remember our
friends and
family who lost
their lives while
riding

Who- You and
any of our
community are
invited

How- We'll ride
for an hour, in
silence

For more
answers contact
Andy Stewart,
onetenth@earthlink.net or 585
654-7788, or go
to the national
organization's
website,
rideofsilence.org

Volunteers Needed for Ride of Silence

Contact Andy Stewart: onetenth@earthlink.net to volunteer

Job	Description	Time Commitment	When	Number of Volunteers Needed
Arm band production	No sewing! Buy fabric (you will be reimbursed) and cut into 100 strips for arm bands	3 hours total	At your convenience – completed by May 8, 2013	1._____
Parking lot attendants	Direct arriving cars to parking spots	45 minutes – you will be able to ride – late arrivals will find their own way. Wear RBC jersey or yellow top	At the Ride of Silence from 6:15pm to just before the ride start at 6:50pm	1._____ 2._____ 3._____
Arm band Distribution and Name Recording	Pass out arm bands, help put them on if needed. Capture riders' names and email addresses. If riders are memorializing a particular person, record that person's name.	Approximately 45 minutes	At the Ride of Silence from 6:15pm to just before the ride start at 6:50pm	1._____ 2._____
Ride Departure Organizer	Organizes riders as we depart the parking lot, instructions provided	75 minutes – 15 minutes before ride start & 60 minute ride	At the Ride of Silence, from 6:45 PM to 8:00 PM	1._____
Sweep rider	Last rider out, carries cell phone in event of emergency	75 minutes – 15 minutes before ride start & 60 minute ride	At the Ride of Silence, from 6:45 PM to 8:00 PM	1._____

Announcements



Order New Jerseys On-Line

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

New **DISCOUNTED** Prices on **OLDER** Style Jerseys!

All sales final
No returns
\$25.00



Sizes available:
Men Medium (3)
~~Men XX Large (1)~~
Women Medium (3)
Women Small (4)
Women X Large (1)

Contact:
Richard DeSarra
rdscomm@rochester.rr.com
585.461.5363



Volunteers Needed!

Got a couple of hours to spare? Your participation on a limited basis here and there would make a world of difference in organizing RBC events. No time commitment will be considered too small! And don't forget - volunteers are invited to attend the annual RBC Volunteer Recognition Dinner next October.

You will find volunteer opportunities with specific tasks and time commitments detailed here in the newsletter and on the new RBC website beginning in April, 2013. You will be able to sign up online or by emailing or telephoning the specific event coordinator.

Ongoing volunteer opportunities are also available for tasks that can be accomplished from home or in short spurts of time over the year.

If you would like to lend your hand, go to RochesterBicyclingClub.org, sign-in, click on "View Profile," "edit," and scroll to the bottom where volunteer opportunities are listed. Check any or all to be contacted at some point over the year. Your help will be much appreciated.

Thank you!

Why Join the RBC Directory?

You finished a wonderful RBC ride and met a new person you enjoyed riding with. Later on you wonder if he will be riding next week's ride. Unfortunately you forgot his name and have no contact information. Or maybe you are a ride leader and had a new member on your ride. You would like to contact them to encourage them in their riding and see if they have any questions.



Who is this person?

You are in luck. With our new online system, we now have the ability to have a membership directory. We are a social group who love riding together.

The first thing you to do is join the membership directory. It only takes 5 minutes.

How to join?

1. After you log in, hit view profile
2. Hit edit and then privacy- this brings up your personal information. Hit the "Edit profile" button and check the box labeled "Allow to show profile". Decide what information you want people to see. What is particularly nice is for you to add a photo, and have your email, phone number listed. Once you are done hit save.



My profile

[Edit profile](#) [My directory profile](#)

[Profile](#) [Privacy](#) [Email subscriptions](#) [Member photo albums](#) [Invoices and payments](#)

Allow to show profile

Details to show (in member directories, forum and blog posts)

	Anybody	Members	No access
<input checked="" type="checkbox"/> Photo album			
<input checked="" type="checkbox"/> Send message form			
<input checked="" type="checkbox"/> Membership level			
User ID			
First name			
Last name			
e-Mail			
Phone			
Photo			

To find the person above:

Under the members sections, hit directory. All those members who have joined the membership directory will come up for you to see. Click on them to get more info than just shown.

We hope you use the directory to further our goal of being a social biking club.

How to Use Our New RBC Website

Buying An RBC Jersey Online

This installment of our series on How to Use our New RBC Website is intended to provide additional instruction to enable members to successfully purchase a RBC Jersey online. By way of background, after our board chose to use Wild Apricot as the provider for our new Website it was suggested that we explore how we could use the website's capabilities to offer our members the opportunity to purchase a Club Jersey online. We learned that Wild Apricot does not currently offer a "Merchandise Sales" feature (although Wild Apricot tells us that they plan on including this feature in the near future). However, with a good deal of ingenuity (primarily on Brad's part) we were able to make adaptations to the "Events" feature of our website and we began selling our jerseys online several weeks ago. This is how to do it...

- 1) Go the RBC website and Log In. [Note: Non RBC members may order on line but the process will be somewhat different than the process described in this article] On the RBC Website's home page select "Club Jerseys" under the "About" menu. This will take you to a page entitled:

The Rochester Bicycling Club has Jerseys for Sale



Manufactured by Primal

[Primal Fit Guide here](#)

¾ length zipper unless otherwise noted

Cost \$55.00 Most sizes available

- Men's Sport cut
- Men's Race cut (slimmer fit, many have full zipper)
- Women's Sport cut
- Women's Sport cut - Sleeveless (limited sizes)

Contact Mark by [email](#) or 924-5982

or

[Click here to order online now!](#)

This page includes a link to the Primal Fit Guide. Consult this page, as appropriate, for info on Primal sizing. Click on [order online now!](#) to begin the online ordering process.

Continued on the next page >>>

How to Use Our New RBC Website

- 2) You are now at a page entitled RBC Jersey. If you have logged in the first several lines on this page are automatically filled in. Select your desired Style and Size from the pull down menu [Note: only "in-stock" styles and sizes are listed]. Men have the option of choosing Men's Sport (more relaxed fit) or Men's Race (more tapered fit). Some of the Men's Race jerseys currently in stock have a full zipper. All other styles have a $\frac{3}{4}$ zipper. Women may choose from Sport Cut or Sleeveless. You must now choose from the options of having your jersey mailed (if choosing this, a \$6.00 fee is added to the \$55.00 cost of the jersey) or picking the jersey up from Mark (no additional fees). If you want your jersey shipped to an address that is different than the one given when you joined the club (or renewed your membership) you will need to enter your alternate shipping address in the space provided. Space is also provided for you to enter any "special instructions." Select "Next."
- 3) You are now asked to review and confirm your ordering information. If incorrect, select "Back," make the desired corrections, and select "Next." Re-review, and if correct select "Confirm and Proceed With Payment." [Note: at this time the website will automatically generate and send 2 emails to you -- your Invoice and a Confirmation of your Jersey Purchase]. You are now taken to the "Invoices and Payments" tab of the "My Profile" page.
- 4) You should see your invoice listed and you may click on it to confirm your order. If you are paying on line via your credit card or via PayPal then proceed to follow the step-by-step instructions that follow. If you intend to pay via check or cash (for "pick ups," only) then exit from the jersey ordering application.
 - If you have elected to pick your jersey up, contact Mark at 585-924-5982 or send Email to Markerino@rochester.rr.com to make mutually convenient pick up arrangements. If you've not already paid on line then Payment is required at the time of pick up (check made out to Rochester Bicycling Club or Cash).
 - If you have elected to have the jersey mailed and to pay by check then print out the invoice and mail, along with your check for the invoice amount, to the address shown on the invoice.

If you've elected to have your jersey mailed to you, it will be mailed no more than 10 days from your order date.

We are truly pleased to be able to offer the service of purchasing your club jersey online. Please contact Mark at 585 924-5982 should you have any questions about the jerseys or the ordering process.



Astonished by What I Found

Shamefacedly, I admit to having wasted the winter of 2012-13 researching the subject of cycling safety when I should have been out riding, snowshoeing, skiing or walking. Or weight training.

This has had a noticeable, negative effect on my health -- I got fat -- but if you read this, it might have a dramatic, positive effect on yours.

In my research I uncovered several astonishing truths that astonished even me, the paradigm of the jaded researcher. The most astonishing ones were:

- **Compared to other activities, cycling is relatively safe**, even when done badly. The fatality rate of 0.26 per million participant hours includes all bike fatalities, including drunks, children and people blatantly violating the law, e.g., riding on the wrong side. (It even includes people running from the law.)

This generic measure of the population as a whole means that, even without skills training and law abiding, and from a purely-statistical point of view, you have a very, very low probability of joining the cycling-fatality statistics. Naturally, the non-fatal injury rate is higher, but still exceptionally low.

But you should not give us too much credit: We are not crash-free and uninjured because we are skilled but because we are lucky. Cycling is just not especially risky or unsafe.

The figure 0.26 includes an extreme minority of trained cyclists partly because skilled cyclists are in the extreme minority to begin with.

- **Trained cyclists can dramatically reduce the 0.26 number**, but we have effectively no training in America, because "I don't need training. I learned to ride when I was a child. I see nothing more that I need to learn."

With around 400-500 members of the RBC, there are maybe three persons who know the names John Forester, John Franklin and John S. Allen or who can name even one organized cycling safety curriculum. This is called "willful ignorance." Ignorance is its own reward. See "luck," above. Furthermore, naming the teachers is not the same as taking the course.

Continued on the next page >>>



Education Report

Bob Cooper



Graphic by Keri Caffrey -- <http://iamtraffic.org/>

-- used with permission

-- **A lot of the best advice for safety is counterintuitive.** Many of the behaviors we believe to be safe make us less safe, and many of the behaviors that make us safe we believe to be unsafe.

Chief among these is our belief that we have a legal and moral obligation to avoid delaying motorists. That belief dovetails nicely with our belief that the best way to avoid being run over by motorists is to stay out of their way. After all, we are borrowing their road. (Astonishing: Only about half of cycling injuries are the result of car-bike collisions. Astonishing: Rear-end collisions are a minority of car-bike collisions.)

Most traffic conflicts (physical, not emotional conflicts) could have been avoided, if the cyclist had been farther LEFT on the pavement, sometimes even out in the center of the lane or even at the left edge of the lane, for example, when making a left turn. The curb-hugging cyclist does not realize that his behavior makes him less relevant to motorists. The truck driver says to himself, "That guy on the bike is over to the side. He is not traffic, therefore, I can ignore him." Why should we blame the truck driver for our own poor self image?

In most situations, the cyclist is safer in the lanes than he is on the shoulder. Most cycling collisions and falls would not have occurred, or would not have been as severe, if the cyclist were farther to the left. (But I repeat myself.)

Continued on the next page >>>



Education Report

Bob Cooper



On the Fast-Friends list this winter, two club members reported getting hit from the left by city buses. That's much less likely to happen, if you are in the left lane.

-- **Bike lanes are one of the least safe places to ride**, because they are too far to the right. Astonishing:

Bike lanes are almost universally constructed in order to keep cyclists out of the way of motorists, for the convenience of motorists and not for the safety of cyclists. Bike lanes are constructed so that motorists won't be delayed, "delay" being a four-letter word in America. "I gotta go pick up that pizza, NOW."

Google "Dana Laird" and "Leyla Beban" for reports of two cyclists killed while dutifully riding in the bike lane, the former in Cambridge MA and the latter in Redwood City CA

-- **Helmets, although I always wear one, and will never advise others to ride without one, have little effect on the population as a whole**, your personal experience notwithstanding. The takeaway here is not anti-helmet. The takeaway is to wear your helmet but to ride as if you were not wearing it, i.e., with the skills that you learned in the course that you took. Except for the simple, low-speed falls for which it was designed and tested (in a laboratory far from the street), your helmet will probably not save you.

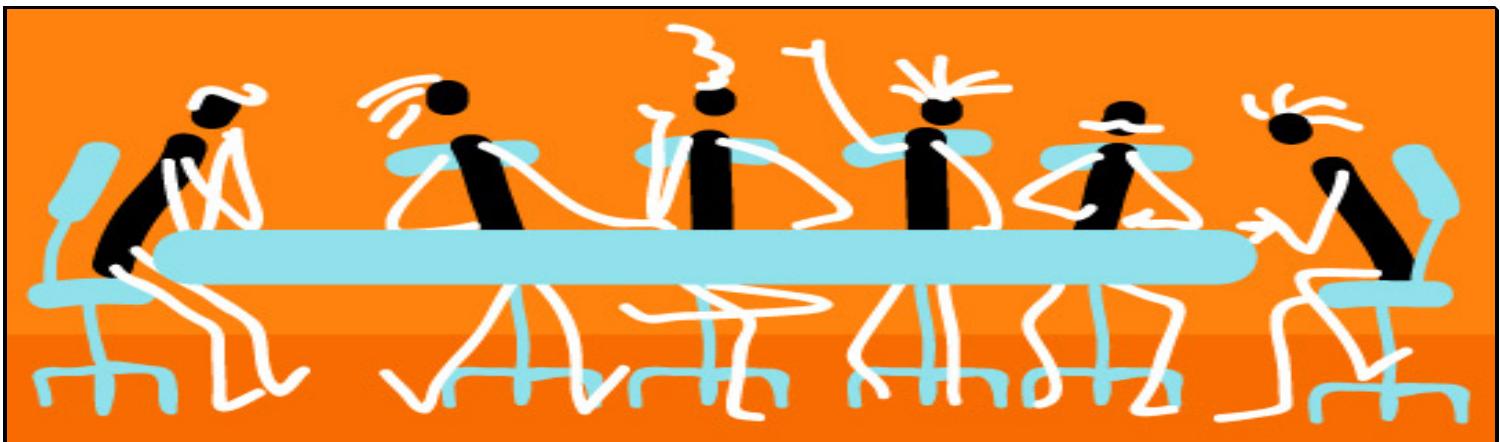
Skills trump accessories. Like bike lanes, helmets are promoted as a replacement for skills training.

Astonishing: Skills training would have been far more effective and much less expensive than special lanes and special hats. Fiscal conservatives, here is a cause you can unite behind. Train cyclists to stay out of the ER, or keep on paying ballooning insurance premiums: What a choice!

Bob "Astonished" Cooper
Education Director
www.RochesterBicyclingClub.org

Board Meeting Minutes

Mark Robbins



RBC Board Meeting Minutes: 12/02/2013

(Omitted by error from the March Newsletter)

Present: Whitey Link, Mark Robbins, Richard DeSarra, Brad Jensen, Bob Cooper, Tammy Grossman, Andy Stewart, Bob Lechner, Dana Black, Joe Voelkel, Dave Natrop, Ginn Lee,

Old Business:

Approval of minutes for 11/4/2012 Board Mtg.: Minutes were approved.

Rides: Joe reported that approx. 200 rides are included in the draft 2013 calendar and thus far 57% of those rides have leaders identified. Joe has sent out another request for members to sign up as ride leaders. There was some discussion of the S&E and Sweep Ride brochures. Dana volunteered to contact Mike S (S&E), Andy H (Sweep), and Veronica Benzing to review and revise the brochures, as appropriate, toward the goal of making them as useful, attractive, and consistent with one another as possible.

Education Bob reported that he currently has 7 education events tentatively planned for 2013. These include Open House, cycling Safety, "On the Road Repair" clinic, S&E ride, and three flat tire clinics. Bob noted that tentative dates have been identified for each of the above classes which wait confirmation. There was discussion about RBC possibly playing a role in informing our membership of Cycle Education opportunities offered elsewhere - e.g. - thru local bike shops. Tammy offered to contact bike shops to solicit information on training they are planning that they'd like to have posted on the RBC web site. Ginn suggested, and several board members agreed, that class(es) on GPS or other cycling technologies might be well attended.

Advocacy: Following up on discussion at the Nov. Board Mtg., Richard reported that three candidates have been interviewed for the Transportation Specialist position for the Finger Lakes Health Systems Agency and an appointment is expected to occur shortly.

Maps: Ginn reported that there are several rides emanating from Scottsville that need to have a new ride start designated as we'd been asked not to use the ride start location previously used for our Scottsville rides. We were reminded that whenever possible ride start locations for new proposed maps should be public parking lots rather than privately owned ones. Additionally the ride starts for newly developed maps should avoid the need for left hand turns out of the parking lots, particularly when rides begin on a busy street. It was also suggested that we highlight to the membership any changes in ride start locations as many members simply use previously printed "older" maps. Ginn confirmed that he's purchased Adobe Illustrator (discussed at previous Bd. Mtg.) after the membership approved this purchase, via email vote, after the Nov. meeting. The cost of the item was \$563.99. Last, Ginn noted that Richard Teeter has contacted him about his wish to lead "west side" rides on Thursdays.

Treasury: Dave reported a current account balance is \$6549.74. Not much recent account activity. Dave shared that he's in the process of transferring past treasury data into a Financial Software program which will enable us to produce a

Continued on the next page >>>

Board Meeting Minutes

Mark Robbins

wider variety of reports and perform different functions. Dave also acknowledged that once prior data is transferred he'll be able to develop a proposed budget for the current fiscal year. Board members are reminded to forward to Dave information on any "one time" purchases they'd like to make during the current fiscal year.

Ride Stats: End of season stats 153,000 miles which is 15,000 less than last year. Brad added that the numbers for this year were fairly consistent with those for 2011 until the latter portion of the season and that inclement weather seemed to play a role.

New Business:

Discount Cards: As an alternative to mailing out our club discount cards Brad proposed that a portion of the confirmation email sent to new/renewing members contain a portion that the member can cut out to use as their club membership discount card. The Board approved that we go in this direction with an additional suggestion that the bike shops be alerted to this change.

New Member Packets: There was discussion as to whether we should discontinue the past practice of sending membership packets to new members, instead informing new members as to how to access online the materials typically contained in the membership packet. The primary reason for making the change would be for cost/labor saving purposes. The Board agreed, however, that the importance of providing new members with a "tangible" welcoming packet outweighed the labor and financial costs involved. Bob L. volunteered to assist with the collation and distribution of the new member packets.

Scheduling of club meetings: Tammy led discussion about the scheduling of the Volunteer Dinner and Annual Meetings to address the issue that we've had in terms of poorer attendance at the Annual Meeting which may be attributable to the Annual Meeting occurring so soon after the Volunteer Dinner. After discussion it was determined that we'd keep the meetings in the months currently scheduled but have the volunteer dinner a week earlier in Oct. and the Annual Meeting a week later in Nov. Tammy will work with Cindy on this. There were also suggestions to "spice up" the Annual Meeting (e.g.- Added agenda? Changed Menu?) in an effort to increase attendance. Last, it was suggested that both events occur on Fridays as this seems to be a better night for folks to attend.

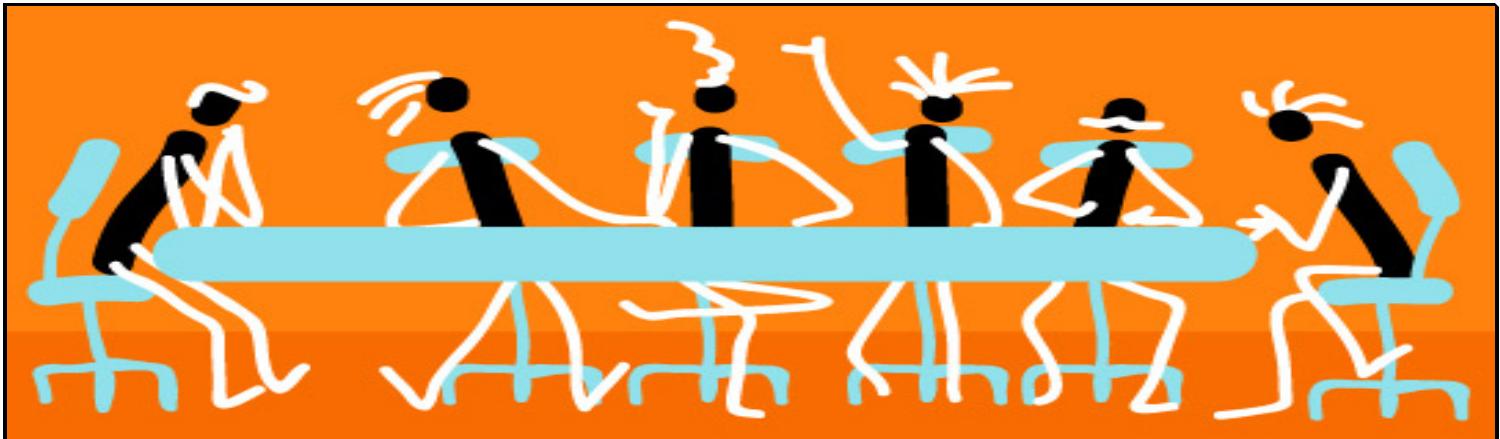
Technology: Brad presented on recent progress on the Web Site. He's been able to map out the various sections to be included on the web site which closely coincide with the sections on our current club CD. It was suggested and approved that Club Policies be added to the web site per discussion at the 10/12/2012 Bd.Mtg. He also presented on who will be granted access to the various portions of the web site (e.g. - ride coordinators to have access to calendars, maps chair to have access to maps, etc.). Shelly will be creating a link with Pay Pal for the purposes of dues payment. Brad made a motion to allow Onno to amend the current impromptu ride app. to add a link to the PDF map for all scheduled club rides. Additionally, the App. would be renamed to more appropriately reflect its broader function (i.e.- beyond Impromptu rides). The App. and Google Calendar would remain accessible to all but the PDF calendar would become a benefit of membership and be available in the Members area, only. The motion carried unanimously. Mark called attention to the fact that the motion, even though it did not explicitly say so, meant that our maps would now be available to non-members and that this represented a significant policy change. We discussed this policy change and several points were considered: It was noted that this change would make RBC's maps available to the public on a fairly limited basis - e.g. - only maps included in rides for the current season would be made available. Additionally the means of access would be limited (e.g.- only one at a time; only on line). In contrast, members would continue to have access to the full map set along with various ride "sorting" tools and have access via PC, smart phone and other devices. The advantages to having maps available to the public in this limited way include: ride leaders will not feel obligated to print out extra maps; out-of-towners can easily get a one-time-use map; and, it is hoped, more people may decide to try out an RBC ride or two and thus be encouraged to join the club. Last it was noted that the club could modify this practice at any time in the future. After considering these factors the board decided that we should move forward in making this policy change. In a related matter, Mark reminded the group that during September of this year there had been a number of Emails exchanged with regard to the need for policy development regarding the club's intellectual property (e.g.- RBC's mapset). After brief discussion it was determined that further policy development in this area is not currently needed.

Annual Meeting Minutes: It was agreed that the minutes for the Nov. Membership meeting be included in the Newsletter. Mark will forward the approved minutes to Dale.

Next Meeting: The next board meeting will be held at 7PM on Jan, 13, 2013.

Board Meeting Minutes

Mark Robbins



RBC Board Meeting Minutes: 3/10/2013

Present: Whitey Link, Mark Robbins, Richard DeSarra, Brad Jensen, Bob Cooper, Andy Stewart, Bob Lechner, Dana Black, Dave Natrop, Ginn Lee, Cindy Fleischer, Scott Wagner, Greg Kerr, Tammy Grossman

Approval of minutes for 2/10/2013 Board Mtg.: Minutes were approved.

Community Bicycle Transportation Recognition Award: Richard shared that the a Press Release and News Conference has been scheduled for the presentation of RBC's 1st Community Bicycle Transportation Recognition Award to Nu Look Collision. The tentative date is May 16th and will take place at the Nu Look headquarters at Lehigh Station and W. Henrietta Rd.

Advocacy: Richard shared that the Monroe Co. Sheriff's Dept. has developed a form for the purpose of reporting Mobile Device violations (e.g.- drivers texting while driving). These may be completed by any citizen who witnesses such violations. In a separate matter, Richard reported that there was a kick off meeting for Greece's pedestrian/cycling master plan.

Membership: Cindy reported that we currently have 7 new members under the age of 35. Cindy added that there are a total of approximately 375 persons registered at this time. This year's renewals are far ahead of renewals at a similar time in previous years. The vast majority have been done on line. Cindy added that 6 patches have been sold on line and 30 CD's have been sold. Bob L. reported that he's received the new CD's and will be distributing these this week.

Membership Year: It was suggested that consideration be given to changing the club's membership year, which is currently March 1 thru the end of February, to have the year begin in Jan. or Feb. The reasoning behind this is that it would provide a more workable time frame within which to finalize membership prior to distribution of the club CD. It was recognized that the current membership year is defined in the club's constitution and would, therefore, require vote by the membership for change to be made. It was determined that this issue be tabled and discussed more fully at a future meeting.

Treasurer's Report: Our current account balance is \$8553.52. Dave noted that we've had significant recent income from new and renewed memberships as well as income from jersey sales. Our most significant recent expenditure was for our annual insurance.

Rides: Dana reported that the calendar is now up. Dana shared that for the 36 rides that still do not have leaders there is now the capacity for potential leaders to sign up on line any time prior to the scheduled ride.

Jerseys: Mark shared that we've sold 8 club jerseys in the past month -- this "spike in sales" most likely attributable to our new Jersey Ordering capacity through our new website. Mark reported on remaining inventory and also on quantity requirements for any re-orders. It was the groups' sense that we do not need to order additional jerseys at this time.

Continued on the next page >>>

Board Meeting Minutes

Mark Robbins

Ride of Silence: Andy shared that the motorcycle escort is in place for this year's event and indicated that there may be a small increase in the cost of the motorcycle escort. There will also be an approximately \$35 cost involved in poster development. Music arrangements for the event are in process. Andy will be developing a publicity announcement for distribution to local media outlets. Andy will also be contacting/inviting the VIP's that were present at last year's event. It was suggested that Moms in Motion be specifically invited to the Ride of Silence. Ginn has agreed to serve as photographer for this year's event.

Publicity: Tammy shared that a former member of our club will be doing an article in the 55+ Magazine that will spotlight our club.

Challenge Ride: Bob L. reported that things are progressing in the planning for this event.

Website: Brad described a couple of new web site features including Classified Ads and Ride Forum and added that he recently posted an item on the Members Forum asking members to provide input as to any new features they'd like to see added to the website

Maps: Ginn shared that he's received a request for a revision of a current map that would add an additional route to this existing map and stated his reasons for denying this request. Board members agreed that the denial had been appropriate. Ginn raised the issue of some cue sheets being no longer valid -- e.g.- those maps with Scottsville Ride starts for which we had to identify an alternate start location. Mark and Dave expressed interest in assisting with updating those cue sheets.

Education: Bob shared that we may be having this years open house in an alternate venue. This will be announced as soon as arrangements are firmed up. Some discussion ensued as to strategies to enhance participation in this year's open house. [Note: Bob was able to confirm, on 3/11, that the Open House will be held at the Brighton Memorial Library on April 23, 2013. Time is yet to be determined. The library is located at 2300 Elmwood Ave in Brighton.]

Print Literature: Dana reported on pricing information from the vendor utilized last year for our Club Brochures. The board voted to go with a two color option -- yellow and blue. The unit price is \$.46. We will be printing 2000 copies at a cost of just under \$1000.00.

NYBC Coalition Donation: Richard requested a donation to the organization in the amount given last year. Dave will research last year's donation and report back at our next meeting. Further discussion to occur at our next meeting.

Film Festival: Scott shared his proposal to hold a movie night as part of National Bike Week. Scott is seeking help from RBC in two areas: 1) Endorsement of the project and, 2) Assistance with publicity for the event. A motion was made for the RBC to provide endorsement of the event. The motion carried. The Club will also make available space on the web site and on our newsletter for publicity materials.

Older Jerseys: Richard reported that sales of our older jerseys has been quite slow. It was suggested and agreed that the older jerseys be given away as prizes at this year's Challenge Ride.

Volunteer Coordinator: Cindy reported that there are 47 members who have indicated that they have interest in volunteering in various capacities. Discussion took place with regard to creating the position of a volunteer coordinator who would work in support of various club events by contacting prospective volunteers. There was also discussion as to how the web site can play a role in recruiting volunteers for specific events. Further discussion on this topic is needed

Awards Dinner: One of the participants at last night's dinner commented that the pre dinner ride be scheduled earlier to allow more time between the ride and the later dinner for folks to go home, shower, etc. It was proposed and agreed that the ride start for future kick off rides be moved from 2:30 to 2:00 and that the dinner be moved from 5:00 to 5:30.

Next Meeting: The next board meeting will be held at 7PM on April 14, 2013.

Minutes submitted by Mark Robbins, Secretary

Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to RochesterBicyclingClub.org and click on "Members Area, Forums, Classified Ads."

Bicycle Cases for Rent to Club Members

Going on a bicycle tour and you need to ship your bicycle via air, water or ground transportation safely?

The club has cases for rent to our members at \$2.50 per day.



These are hard cases to protect your bicycle from damage.

Details on our rental agreement are on your club's CD.

To rent the cases contact Cynthia Cooper,
359-1424

ccooperr@rochester.rr.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. Can be seen and ridden at Mendon Cyclesmith.

Contact for questions is David Snyder, 943-4050.
doorknob@rochester.rr.com Asking \$1,100 / OBO

Jersey For Sale

Brand new, never been worn.

<http://www.Water.org> jersey (still has the tags on it).

The jersey and packaging say XL, but it is really a small-medium by my measurements.

It has a full front zip and of course, three rear pockets.

I paid over \$100 for it, but would like to recoup some of my loses.

A nice vibrant jersey.

\$70/OBO

Call or e-mail me with any questions:

Michael Friedland

585-202-0053

mfriedl1@rochester.rr.com

FOR SALE:

Road Handlebar \$20

Easton EA50 "Compact Ergo" aluminum
Reach 75mm, Drop 130mm, Width 42cm C-C,
oversize (31.6mm) clamp area

Shimano Ultegra 6700 components

Double RD \$50 (about 2,700 miles on it)
Triple FD 31.8mm clamp-on mount (Never installed,
new in packaging) \$30

Shimano "105" 5600 levers (10-speed double) \$150

Last generation model with "flying" shift cables.
Left lever has one $\frac{1}{2}$ " scratch, otherwise they are
nearly pristine.

Shimano PD-M520 MTB pedals, SPD, double-sided,
\$12/pair

Two pairs available, one black, one silver
\$12 each, \$20 for both.

Thomson Elite Seatpost, silver, straight,
27.2×250mm, \$35

Offers considered.

Contact: Bruce Wilbur, brucew@brucew.com
442-5319



Jersey Front



Jersey Back

Want Ads

For Sale

Two bikes ridden by Dick Burns and his home made repair stand. These bikes are rolling art from a past time. Dick modified and customized both bikes with his unique flair and engineering skills he is known for. These need to find new homes that will care for and continue their rolling along our region's roads.

Raleigh Professional- About 1970, the old longer wheelbase style. 25" tall, Lots of Dick bits- home made hubs, aero bars, seat bag frame mounted thermometer. Some campy parts, 180 cranks, fenders, pump painted to match, Brooks saddle (well broken in!). Bike was overhauled by Jack Kemp a couple of years ago and hardly used since. \$500.

Smaug- This was Dick's ultimate bike project, a self made frame. From 1980 approximately 64cm tall and a 58.5cm top tube. Reynolds 531. Homemade aero bars, mirror, tire saver, seat bag, frame mounted thermometer. Painted pump, Brooks saddle (also broken in), Shimano 105 wheels (needs rubber), Campy 180 cranks, milled post, Cinelli bars. Bike needs TLC before real use but all works. \$450.

Repair stand- Actually a bike clamp (of course self made in Dick's wonderful machinist style, like a Park shop stand's) mounted on a wood beam which would hang from an overhead joist. Includes a tool tray. This clamp could be remounted onto another support device if wanted. \$50.

I have photos that I can email for the asking. The bikes have so many little details and features , they are a testament to Dick's riding life. They can be your second ride, the bike you pull out when you want to feel the ride or the bike to use when your plastic race bike is in the shop.

Andy, onetenth@earthlink.net.

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

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