

# FLOWER CITY CYCLIST

NEWSLETTER OF THE ROCHESTER BICYCLING CLUB



Volume 47 Issue 4 May 2014



Rochester Bicycling Club



## *Ride of Silence*

*May 21st, 2014*

*see page 5*

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## *Upcoming Events Summary*

### **Board Meeting**

May 13, 2014  
7:00 pm  
Brookside School  
S. Winton Between 590 & Westfall Rd

### **Ride of Silence**

May 21st  
6:15 pm  
Penfield Highway Dept., Jackson Rd

### **Flat Tire Clinic**

May 27th  
7:00 pm  
Christ the Good Shepherd Church

### **Adopt-a-Highway**

June 2nd  
6:00 pm  
Meet at the corner of Rte 250 & Plank Rd

# **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 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](mailto: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](mailto:rbcnewz@yahoo.com)

# 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:

Women Small (4)

Contact:  
Richard DeSarra  
[rdscomm@rochester.rr.com](mailto:rdscomm@rochester.rr.com)  
585.461.5363

## Bicycling Education Useful Information

**Ready to try your first RBC ride?  
Here are 3 things you need to know.**

1) Choose the RIGHT RBC RIDE FOR YOU! Rides vary in length, hilliness and group cohesiveness. Read about the character of the rides and choose wisely.

If you are in a hurry to get out there and want to read the articles below later, select a SLOW and EASY ride (denoted S&E on the calendars and Club Ride app) for your first ride and see how it feels. Then read the articles and choose your next ride.

2) Always bring: A helmet, a route MAP or CUE sheet (printable from the Club Rides App), at least one bottle of drink, a couple of new tubes and a pump in case you get a flat - or a cell phone with a phone number of someone who will come pick you up.

3) Arrive at least 15 minutes before the published ride start, find the ride leader and let him/her know you are new. Listen to the advice the ride leader gives. Enjoy!

# 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 24th annual Susquehannock Lodge Weekend in Potter County, PA on May 30-June 1, 2014. 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 \$123.40 which includes Friday and Saturday night in the lodge in bunk bed shared style rooms, breakfast Saturday and Sunday, with dinner Friday/Saturday or Saturday/Sunday with the option of all 3 dinners. 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](mailto:alcarrol@frontiernet.net). The form can also be found on the RBC website under RBC Rides.



*Pictures courtesy of Ann Carroll-Lee*

# Announcements

## Welcome To Our New Members through May 2014

Stephen Agnello	Paul Barden
Maria Barden	Virginia Cartwright
Dick Davenport	Matthew Di Domenico
Anna Di Domenico	Nikolas Di Domenico
Reno Di Domenico	Karen Di Domenico
Tim Doherty	Bob Drojarski
Geoffrey Fitch	Allan George
Tim Guenther	Patrick Harper
Shaun Hayes	Adam Jones
Terrence Lally	Bonnie MacLean
Lillian Marini	Marjorie Miner
Michele Myers	Colleen O'Keefe
Victoria O'Brien	Lauren Perry
Gail Piccirilli	George Pixley
Jim Scancarello	Cassandra Stanton
Mark Thompson	Christopher Vereecke

## Clinics

After a number of years of Bob Cooper teaching the clubs service clinics, he has moved on and Andy Stewart is taking the mantle. For 2014 we have 5 Clinics on the calendar and 1 bonus Clinic.

### The "Flat Tire Clinic"

Offered 5/27 and 7/29; 7 pm-9 pm

This clinic returns with the goal to help members learn how to handle the number one reason to stop your ride, the dreaded flat tire.

This will be a hands on session, attendees may bring in their own bikes, or just a wheel, and any tools/supplies they have. Wheel removal and reinstalling, tire and tube replacement, understanding the common causes of flats and

how to avoid them in the future will all be covered.

### "All About Your Bike" (New!)

Offered and 6/19; 7 pm-9 pm

With the increasing complexity of modern bikes we see many riders who don't understand their steeds and how to get the most out of them. We'll try to describe the systems, components and accessories on the many road bikes we ride.

This will likely be a free ranging session and could drift from the outline depending on the attendees. There will be no need to bring a bike, just bring your questions.

Both of these clinics will be held at Christ the Good Shepherd Lutheran Church, at 1000 N Winton Rd. On the scheduled days we start at 7 pm and finish about 9 pm. Andy encourages potential attendees to contact him prior to the clinics for more details.

Andy's email is [onetenth@earthlink.net](mailto:onetenth@earthlink.net)

## Sad News

It is with great sadness that we report club member Jules Kleinhenz passed away on April 24. Jules rode many, many miles with RBC on both weekday and weekend rides. In 2009, he received the high mileage award by riding 3070 club miles and in 2012 before getting sick he rode 2821 club miles and 2994 impromptu miles for a total of almost 6,000 miles!

The years in between he rode 5320 and 6580 miles respectively coming very close to being the high mileage rider in those years as well.

Our condolences to his family. He will be missed by many!

Ride on Jules!

# Open House Report

## Open House Details

I first want to say thanks to all the BOD members who participated. Presenters spent a lot of time and effort pulling information together for their part in it, Brad put together a slide show based on that information and Mark created a feedback form and bought a couple of cases of water and a cookie tray for the event.

Fifty people in attendance + 8 BOD members

Many attending registered through Meet-up, not the RBC website - a glitch that turned out to be OK because we had so many registered no-shows, DESPITE two email reminders to registrants within five days of the event.

Our final online registration count was 72 with 29 people not showing up. My guess is that's because it was free to register.

We finished on time. Because we had no opportunity to practice the presentation, last night was our rehearsal, dress rehearsal and premiere. I think we might want to tighten up the presentations a bit. The feedback forms will provide interesting information.

Thanks again!

Cindy Fleischer

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## Open House Participants

38 forms were turned in. Comments are available verbatim.

Overall the responses were quite positive!!! One very positive finding was that out of 24 non members submitting a form 23 indicated that they plan on joining!!! I just checked our website and noted that 6 of those folks have already registered!!

Nice job by all!!!

We can review briefly at our next Board Meeting as well as brainstorm while our memories are relatively fresh, what changes we might want to consider for next year.

Mark

# Ride of Silence 2014



On Wednesday, May 21, area cyclists will join over 12,000 others in a worldwide event to honor those who have been injured or killed while riding their bikes. In doing so we will speak truth to the power that drivers feel when they are behind the wheel of the two ton weapons we call cars. The Ride of Silence is unlike any ride you've done before. Sharing the road with like minded cyclists as we roll along quietly. Only the sounds of our thoughts will be heard. Our safe passage is provided by the motorcycle escorts. Intersections are controlled, overtaking cars held up until the way is clear. Our parade pace insures all will return to the finish about one hour after the start.

When- May 21, arrival by 6:15pm, roll out at 7pm after the pre ride ceremony

Where- Penfield highway dept. parking lot on Jackson Rd. Across from Veteran's Memorial Park just North of Atlantic Ave.

What- A flat 10 mile route, ridden in silence at about a 10mph pace.

Who- Any one that cares about the next victim being the last. All abilities and cyclists are welcome. Racers, tourists, commuters, families, spouses, neighbors will share the road.

Contact Andy Stewart at [onetenth@earthlink.net](mailto:onetenth@earthlink.net) for questions.

Since this is a slow ride dress for warmth. You will not sweat or push hard. You will follow the rider in front of you and keep pace with the one beside you.

We will offer arm bands but please bring your own. [www.openyard.com](http://www.openyard.com) is one source for black arm bands.

The national association web site is [www.rideofsilence.org](http://www.rideofsilence.org). Event history, locations, donation ability and apparel are all available.

Please consider attending this ride. You will be glad you did.

## Andrew Spiller 26th Annual Memorial Picnic & Challenge Ride



Planning for the 26th Memorial Picnic and Challenge Ride on July 19th is coming along with rides this year that provide variety from just having the two historic loops during the day. This year we will have a Sweep Ride, a Slow & Easy Ride, a night ride and a Mystery, ride being led by our mystery ride leader for ambitious riders. The Mystery ride will be in the 60 mile range.

The Challenge Ride is a great opportunity for you and some friends to set a goal to ride more miles in one day than you ever have before. We will be at Farmington Town Park by 7 AM and you will have a staffed location to ride out of for 24 hours. Our 25 mile loops will not take you more than about 13 miles from the park. You will be able to join the Mystery Ride to change the pace a bit and then go back to the loops if you wish.

The idea for this great day of riding is to come out to the park ride as many miles as you wish, and then around 2 PM we all gather for a picnic. Your admission to the event is a dish to pass for the picnic. Again this year we will have a gas grill for cooking the meat that you bring with you. Last year we had hots, brats, burgers, chicken and more all brought by our members for their picnic meal.

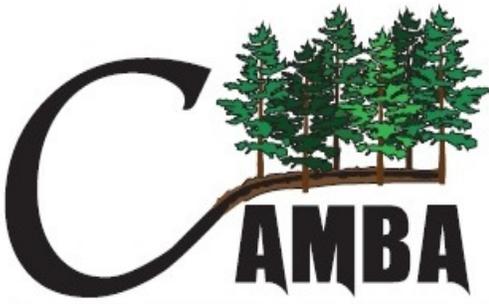
We will need some volunteers to lead loop rides beginning at specific times. We would like to have loop rides (25 mile loops) with leaders going out at 9:00 AM, 10:30 AM and 12 Noon. You will still be able to do as many loops as you want during the day and evening. If you would like to lead one these 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.

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.

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](mailto: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.

# JOIN CAMBA!



Central Adirondack Mountain Bike Association



There is a new local mountain bike club, Central Adirondack Mountain Bike Association (CAMBA), a chapter of the International Mountain Bike Association (IMBA). You can now become a member of CAMBA by going to [imba.com](http://imba.com). With your membership, you get a dual membership to CAMBA and IMBA.

CAMBA's goal is to create, enhance and preserve great trail experiences and continually improve mountain biking opportunities in the Central Adirondack region through trail advocacy and development, group rides and other membership events.

### What members can expect when they join CAMBA:

- \* **Trail Advocacy:** CAMBA will work with DEC, APA, and local governments to create, enhance and preserve great trail experiences and continually improve mountain biking opportunities. Your membership will give CAMBA a stronger voice.
- \* **Trail Maintenance and Building:** Throughout the year CAMBA will coordinate trail maintenance and construction to improve the experience on our area trails and expand mountain biking opportunities.
- \* **Events:** Participate in CAMBA events to have fun or volunteer to help out. All for a good cause - to help raise awareness of our great trails and community - and to raise funds for trail projects.
- \* **Group Rides:** Explore our trails on CAMBA group rides.
- \* **Clinics:** Looking to learn a little more about bike maintenance, changing a flat, or maybe you want to improve your riding skills? Come to one of our clinics to learn more about your bike.
- \* **Club Meetings:** Come to CAMBA club meetings, make your voice heard and get involved! Not able to make it to our meetings? We'll keep you informed through our web presence.
- \* **Social Events:** Come to a CAMBA social event that may not be as much about riding and trails as it is about having fun, making new friends and chatting about mutual interests.

To be put on the email list for up to date information contact:

Ted Christodaro at (315) 357-3281

or [info@pedalsandpetals.com](mailto:info@pedalsandpetals.com).

Join CAMBA at [IMBA.com](http://IMBA.com)

Want to make a donation to CAMBA:

Send to CAMBA P.O. Box 390 Inlet, NY 13360.

Like us on facebook "[CAMBAtrailsadk](https://www.facebook.com/CAMBAtrailsadk)".

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# Tour de Keuka



**July 13, 2014**

**Join us for the 2014 JDRF Tour De Keuka and play your part to cure diabetes. Don't miss out on the regions premier cycling event on July 13th 2014 around scenic Keuka Lake!**

The Tour de Keuka is a charity bike ride benefiting JDRF. The ride begins in Hammondsport NY, the “Coolest Small Town in America” and heart of New York State Wine Country. There is something for everyone with 12, 45, 55 and 100 mile distances, hills, and flat scenic stretches around the Keuka Lake region, the Jewel of the Finger Lakes. All donations go to JDRF for research to cure diabetes.

The day begins with registration and an opportunity to fuel up with breakfast provided by Tops. There are two departure times 7:30 and 10:00, with registration preceding each by at least an hour. On the course you will find white Tour De Keuka signs clearly marking each turn and a few in between to assure you're on the right road. Support vehicles with yellow Tour De Keuka flags carry all the equipment you need provided by Kingsbury Cyclery. They will help you with flats and minor repairs. The volunteers at the rest stops every 20 miles will cheerfully keep you fed and hydrated. At the end of your journey enjoy a complete dinner offered by Corning Catering.

## **Cost**

- Online and early paper registration: **\$10**
- Day of event registration: **\$15**
- Minimum total donations to ride: **\$100**
- **\$200** gets you a Tour de Keuka tech-tee
- **\$300** gets you our coveted Tour de Keuka custom Hincapie Sport Jersey

Team registration is available!

Invite your friends and family to ride for your team! Team members can ride the same route or choose from any of the 4 options.

## **Starting Point**

Hammondsport Fire Department  
8521 State Route 54  
Hammondsport, NY

**Contact Tina Kurzepa at [KKurzepa@jdrf.org](mailto:KKurzepa@jdrf.org) or 315-559-2063 for more information.**

**Visit our Website [www.tourdekeuka.com](http://www.tourdekeuka.com) for registration information**

# Sage Ruddy Tour de Cure



The premier cycling event in the Rochester and surrounding regions, the Sage Ruddy Tour de Cure offers a memorable day of cycling and fun through beautiful hills along the outskirts of Monroe County. It also gives the rider the personal satisfaction of completing a challenging ride and doing his part in the fight against diabetes.

Whether you're a casual or avid bicycle rider, we have a route that matches your ability. Our routes are fully supported featuring and bicycle mechanical support along the way... you pedal and we take care of the rest!

When you cross the finish line you will be greeted by cheering volunteers and treated to a hot lunch, Rohrbach tasting garden, massage, music and much more!

**Be part of the diabetes movement joining 2,500 riders raising \$1 million dollars in Rochester to Stop Diabetes!**

**DATE:** Sunday, June 8, 2014

**LOCATION:** Monroe Community College

**ROUTES:** 3 mile Family Fun Ride  
15 mile  
25 mile  
40 mile  
62.5 mile  
100 mile

**FEE:** Discount registration fee offered at the time of registration

**MINIMUM:** \$200 fundraising minimum required to participate

**WEBSITE:** <http://diabetes.org/rochestertour>

For more information on registering or volunteering:

Visit <http://diabetes.org/rochestertour>

Call 585-458-3040 ext 3473

E-mail Kelley Ligozio at [kligozio@diabetes.org](mailto:kligozio@diabetes.org)

# TOUR DE

DISCOVER  
The Northeast Kingdom of Vermont  
2014 - Up to 14 days of riding

# KINGDOM



[www.tourdekingdom.org](http://www.tourdekingdom.org)

June Tour - Up to five days | June 4 - 8, 2014  
June Double Century Challenge | June 7 - 8, 2014  
September Connecticut River Tour | September 12 - 14, 2014  
September Foliage Tour | September 24 - 28, 2014  
Do it! the Dirt through "The Gut" | October 5, 2014

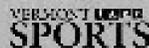
Hosted By:



**KINGDOM GAMES, Inc.**



Sponsored by:



Supported by:

NET PROCEEDS SUPPORT NORTH COUNTRY HOSPITAL'S PATIENT CARE INITIATIVE FUND AND THE FOUNDATION CHRISTIAN VACATION

Art & Graphics: [www.melaniebutchamp.com](http://www.melaniebutchamp.com)

# 5th Annual LDA Finger Lakes Cycle Classic Road Race & Tour

*"Helping Students Stay on Course"*

**MARK YOUR CALENDAR:**

**Sunday, June 29, 2014**

**Hunt Hollow Ski Club**

**\$40 adult/\$25 Youth 17 and under**

Both experienced competitive cyclists and recreational cyclists will enjoy cycling around Honeoye Lake and the beautiful surrounding countryside over gently rolling hills. This event offers a **"challenging course, well organized and well supported event."**



Experienced competitive cyclists, at least 15 years of age

- 36-mile road race
- \$1,000 in prizes for top men, women, youth
- Controlled rolling start
- Computer chip timing

Team Competition -Minimum of three cyclists per team & no maximum number -Winner determined by total time for top three riders -Team cash prize (TBD)

Recreational cyclists -36-mile tour or 22-mile tour -Computer chip timing

All participants receive -FREE Official Cycle Classic Shirt (while supplies last) -Beverages and snacks at registration and along course -Lunch at Hunt Hollow Ski Club from 11:30 a.m. through 1:00 p.m. -Chance to win one of many door prizes.

Event Policies -"Citizens" road race, no license needed -Aero-bars not allowed -Race will run regardless of weather (thunderstorm may delay start) -Walk-up registration available on day of event for \$45 adult/\$30 youth -Youth under 13 must be accompanied by an adult.

## Event Schedule

- 8:00 AM Registration opens
- 9:15 AM Pre-Race Rules Announcement
- 9:30 AM Race Begins
- 9:35 AM Tour Begins
- 11:30 AM Lunch and Prizes

To register by mail: **Click [here](#)** to download our Cycle Classic Registration Form (pdf)

Complete form and mail with payment to: LDA Life and Learning Services 1650 South Avenue, Suite 200 Rochester, NY 14620

Or call 263-3323 to register by phone

Or register online at: [bikereg.com](http://bikereg.com)

All proceeds benefit LDA Life and Learning Services, a not-for-profit agency helping children and young adults who need support to succeed in school or employment.

# Insurance and You

*My wife and I are new members to RBC and attended the most recent Open House. Thank you for the informative session - we look forward to being active members of the club.*

*The discussion about ride safety, and in particular the Ride of Silence, reminded me about the numerous seriously injured cyclist clients I have represented over the years. Often overlooked in these discussions, and not touched on in your presentation last night, is the importance of insurance for riders. I just wrote the attached piece for our firm's newsletter, and thought it may be of interest to RBC members.*

*Paul Barden, RBC member (Editor -We welcome content such as this from Members with "special" expertise)*

## ***Walkers, Runners and Cyclists: Don't Forget to Tune-Up Your Insurance!***

As the Rochester weather finally turns seasonable – we are all anxious to get outside to pursue our favorite form of exercise – be it walking, running or cycling. We dust off our sneakers, and tune up our bikes, but many often overlook perhaps their most important piece of protection – their automobile policy! Believe it or not, your auto policy rides along with you even though your car is home parked in the driveway.

In its most recent statistics the National Highway Traffic Safety Administration estimates that approximately 70,000 pedestrians in the US are injured every year in traffic crashes, and another 4,300 are killed. That's one person every eight minutes injured and one person every two hours that is killed. In addition, some 48,000 cyclists were injured and 700 killed in traffic crashes. Obviously the injuries sustained by a pedestrian or cyclist being hit by a car are often devastating.

When a pedestrian or cyclist is struck by an automobile, it is the driver's automobile (no-fault) policy that provides primary coverage for medical bills, lost wages and other incidental expenses. In New York, drivers are required to carry \$50,000 worth of no-fault coverage. Additional limits are available, but not often purchased.

In addition to no-fault insurance claims, the injured pedestrian or cyclist may bring a liability claim if the automobile driver was at fault for the accident. A liability claim can compensate an injury victim for economic losses such as the loss of ability to work, and also for non-economic damages such as pain and suffering, which can include damages for the injury itself, and for enduring medical care and treatment, and in many cases for enduring long-term or permanent injuries and disabilities. Sadly, drivers in New York are only required to carry a minimum of \$25,000 of liability coverage. That's right – a driver may be 100% at fault for causing your accident resulting severe, debilitating and life-long injuries and the most their insurance company may have to pay you is \$25,000 plus the first \$50,000 of your medical bills and lost wages!

You must protect yourself and your family from this catastrophic outcome! So, before you head out the door for that next walk, run or ride, pull out your insurance policy and review it. If the unthinkable happens, and you are struck by an uninsured or underinsured automobile, once you exhaust the coverage under the at-fault driver's policy, you can look to your own policy, even though your car was not in operation at the time of your injury.

If you know your coverages, we strongly encourage you to pick up the phone and call your agent to discuss adding them.

# Equitrails



## EquiTrails: A “Ride, Run, Stroll & Roll” to Benefit the EquiCenter on June 22, 2014

The EquiCenter is a therapeutic equestrian center where horses help heal body, mind and spirit. The multi-dimensional movement of the horse re-creates the human gait more effectively than any other means of physical therapy, helping riders to improve muscle tone, balance, posture and coordination. Horses are also dynamic, sensitive animals that communicate through the subtle use of body language. They respond to emotional situations giving immediate, honest feedback without judgment. Ask anyone who has been to the EquiCenter about why horses provide the perfect therapy for individuals with special needs and they’ll tell you: horses are healers.



*“It’s almost a miracle. No, that’s not right. If you knew how far Justin’s come from riding at the EquiCenter, it IS a miracle.”*

*-Julie Prescutti, mother of rider Justin, pictured left with horse, Rayne*

You can also make “miracles” happen for children and adults like Justin. Mark your calendar for Sunday, June 22 and gather your friends and family to participate in the First Annual EquiTrails.

Presented by Midtown Athletic Club, EquiTrails is a fundraising and awareness building event that will inspire the greater Rochester community to get up, get out, and get active. As a participant in EquiTrails, you can sign up for the following activities:

- 25-mile bike ride
- Family-friendly bike ride utilizing primarily the Lehigh Valley Trail
- 2-4 mile cross-country trail run on EquiCenter ‘s 200 acres
- 1-mile wheelchair - accessible walk and roll

Whether participating in the cross-country run on EquiCenter property, family-friendly bike ride on the Lehigh Valley Trail, or watching EquiCenter students ride at the horse show, EquiTrails participants will be supporting EquiCenter’s mission to foster the personal growth of individuals with disabilities, at-risk youth, Veterans and their families.

Sponsorship opportunities are still available; please email [cdelmonte@equicenterny.org](mailto:cdelmonte@equicenterny.org) to learn more. Event details and registration can be found at [www.equicenterny.org](http://www.equicenterny.org). See you there!

# July Lake Placid Ride - Bob Lechner



The weekend of July 11 thru 13 is a few months off, but now is the time to plan on going to Lake Placid for the second Annual Lake Placid Weekend. This is a wonderful weekend with all types of bike riding, and with many different road rides and mountain bike routes. Rides will range from easy, short routes to moderate length rides with some climbing to long routes with 10,000 ft. of climbing. There are lots and lots of options for riding in the mountains.

And for those who only want to ride a little there is always hiking, canoeing, and many other adventures in Lake Placid. Oh, did I mention the dining, many very good restaurants from the brew pub to a couple five star restaurants and everything in between. And our Social Director, who wishes to remain anonymous, is planning a great Saturday post rides party on the lawn at the motor inn.



Last year a dozen RBC Riders enjoyed a great weekend and got in lots of great riding. We had sun the entire weekend and we explored many different cycling routes.

Our home base for the weekend will be Town & Country Motor Inn 2200 Saranac Avenue, Lake Placid, NY 12946. Phone 518-523-9268 or [info@tcmotorinn.com](mailto:info@tcmotorinn.com). Their web site is [www.tcmotorinn.com](http://www.tcmotorinn.com). There are ten rooms set aside for RBC at \$99 per night with a minimum two night stay. Since our weekend will be during the Tour de France, we may be able to prevail on Bogdan, one of the owners to set up his TV in his shop out by the pool to watch the tour after our rides for the days we are there. Anna and Bogdan are great hosts and you will enjoy their hospitality.

This motor inn is very close to the Placid Planet Bike Shop and is within easy walking distance to the center of town.

There are many other lodging options in Lake Placid, just go on line and check all of them out. However the

International Horse Show has been extended into the weekend of the 11th thru 13th so accommodations may be tough to get if you wait too long.

Make your reservations NOW and if you have any questions please contact Bob Lechner at [boblechner@aol.com](mailto:boblechner@aol.com). If you plan on going please let Bob know.

# 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](http://www.greatstandem.com)

# Board Meeting Minutes - Bill Crowe



**March 11, 2014**

**Present:** Mark Robbins, Richard DeSarra, Brad Jensen, Dave Natrop, Bob Lechner, Cindy Fleischer, Elaine Mizzone, Bill Crowe, Sara Ture, Bill Ture, Ginn Lee, Scott Wagner, Mike Harris

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

Approval of minutes for the February 11, 2014 Board Meeting: The meeting minutes were approved with no changes.

## **Committee Reports:**

**Member at Large Andy Stewart:** Andy was not present but reported via email.

**Clinics-** Andy is ready for the first Flat Tire clinic, Mar 20 at 7PM, at the Christ the Good Shepherd church. He will have a hand-out on flat repair directions. As of March 4, two have confirmed and one more may be attending the Frame Alignment clinic on March 27.

**Ride of Silence-** Andy met with Chris Bilow. Penfield's Recreation Department, and discussed 2014's event. A permit will be submitted to the town in late March along with the Club insurance policy's letter of certificate.

Andy has also contacted Kawowski Motorcycle Escort Service about again handling this year's event.

Paul Gaspar has again offered to trumpet us out of the lot.

Andy has asked Brian Managan if he'll do the poster art/digital image file work so the poster can be printed.

Andy hopes to have the poster done and ready for drop offs at the local bike shops by the April board meeting.

Andy asked for volunteers to take a few and drop them off at shops and other locations as they see fit and can.

Andy also hopes to have a press release with a list of last year's publicity contacts.

Andy will write up a short newsletter article for the upcoming issue, and again for April's. Like last year Andy will have a volunteers needs list and submit it to the website.

Last year's Ride of Silence cost \$669.87. This year looks to be about the same.

**Meetup.com:** Elaine reported that the Club's web site is set up to provide a link for people to register at the Club web site for the April 24th Open House and several people have done so. She also plans to post Sweep Rides and S & E rides.

**Challenge Ride:** Bob reports that the event will include the support for 24 hours of riding. Also, Lance Whitbeck will be leading a mystery ride of 50 to 65 miles at 10:00 am.

*Continued on the next page >>>*

# Board Meeting Minutes - Bill Crowe

**Rides:** Bill and Sara reported that ride calendars are ready for the 2014 season. Also, the iPhone Club App is ready and the Droid version will be ready later in the week. Thanks to Onno for continued maintenance of this software. Packages for ride leaders will be available at the Awards banquet. Reminder emails will be sent every month to ride leaders who are leading rides that month. The Ride Leader meeting will be held 7 PM April 22nd at the Henrietta Library on Calkins Road.

**Education:** Scott is planning a Safety and Maintenance Clinic and will try to arrange a Saturday morning time in early April. Also, the League of American Bicyclists is planning to do its League Cycling Instructor (LCI) Seminar course in Rochester. The maximum capacity is 20 students. No date is set yet but it will probably occur late spring or early summer and will span 2 ½ days. A prerequisite Traffic Skills 101 class is also being scheduled to take place beforehand. LAB's motivation is a desire to have more instructors in this area. Tuition is \$300.

Finally, the Bike Week Bicycle Film Festival, organized by Scott, will take place the evening of May 13 at the Cinema.

**Maps:** Ginn has added 6 new maps to the map catalog.

**Treasurer's Report:** Current checking account balance is \$10,905. A discussion occurred on whether or not to continue yearly donations to IMBA (International Mountain Bicycling Association). The conclusion was to do it this year but to spend time considering the subject again before any donation in 2015. This year's donation is \$100.

**Website:** Brad stated that CDs will be burned this week. Forty-nine requests for them have been received. Almost all content for the package that is burned or downloaded has been received by Brad. Also, the question added to the membership application asking how the applicant heard about RBC is providing some feedback. So far, two people have answered that the Club's presence on Meetup.com sparked their interest.

**Memberships:** Cindy reported that 72 new members have joined since September 1st. Since December 1st, 146 families and 226 individuals have renewed.

**Jerseys:** Mark will miss the "jersey" rides this season and will need someone else to be there with Club jerseys to sell.

## Old Business:

**Movie Night on February 22nd:** Approximately 40 people attended and heard two very well done presentations by Joe and Dana on their Lake Champlain circumnavigation and by Brian Managan on his ride of the Continental Divide Trail.

**Board Meeting Location:** The Board will continue to meet at the Brookside School in Brighton. Richard will attempt to reserve the room for the next 6 months at the end of March.

## New Business:

**Awards Banquet:** The 2014 Awards Banquet will take place on March 15<sup>th</sup> and arrangements are in place. The room at the church will be open at 2:00 for people to drop off food before the day's ride, the first ride of the 2014 season.

**Next Meeting:** The next board meeting will be held at 7 PM on Tuesday, April 8 at the Brookside School in Brighton.

**Open House:** Several board members have volunteered to present at the April 24<sup>th</sup> Open House. Cindy asked that volunteers arrive by 6:15. Whitey will not be available so Mark will host the event. Twenty-five people have already signed up to attend.

**Midtown Tennis Club Tour de Cure Team Outreach:** Tom DeRoller heads up the Tour de Cure Team, Midtown Chain Reaction. He has asked if RBC could provide training ride leaders for his team when they start riding

*Continued on the next page >>>*

# Board Meeting Minutes - Bill Crowe

outside. In lieu of this, the Board decided that the Midtown team should be made aware of the RBC ride schedule on our web site and also be made aware that all are very welcome to join any of our rides whether or not they are an RBC member. The Board looks on this as an opportunity for non-member cyclists to get to know RBC and encourages all ride leaders and riders to be welcoming to all non-members who attend our rides (as always).

**Maps:** Brad reported that a new column now exists on the web site (and downloaded material) map index. It indicates the year of the map's last revision.

**Publicity News:** City Newspaper has agreed to Mark's request to publicize the Club ride schedule in each week's issue.

**Sierra Club Environmental Forum:** RBC has been invited by the Sierra Club to man a table at its April 17th event at the First Unitarian Church on Winton Road. Cindy volunteered to represent the Club.

**ADK Expo Ad:** RBC will purchase an ad for ADK's Geneseean newsletter for \$5 to publicize the Club's participation at the June 14th event this year.

**Ride Leader Backup List:** This list has not been updated for several years. A link to a Google Docs spreadsheet will be made available on the Ride Leaders section of the Club web site for those who are willing to sign up as potential backup ride leaders. A ride leader who cannot make his scheduled ride can use this list to find a substitute leader. Sara and Bill will send an email to the Club membership making all aware of this spreadsheet.

**Election Night Pizza Party:** Sara proposed a Saturday night and a new food theme for this year's event. Kings Bend Park was offered as a possible location. Possible new food themes include chili and slow cooker dishes.

Meeting was adjourned at 8:55 PM. Minutes submitted by Bill Crowe, Secretary

## Odd & Ends



*courtesy of Karen Managan*



# Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to [RochesterBicyclingClub.org](http://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

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

## CANNONDALE SYNAPSE CARBON \$1500

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

Great Condition, Pedals not included

Call:  
585 202-9763



## 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](mailto:mfriedl1@rochester.rr.com)



Jersey Front



Jersey Back

## 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](mailto:doorknob@rochester.rr.com) Asking \$1,100 / OBO

# Want Ads

## For Sale

### ***Cannondale R1000 -Low miles***

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Crank (triple)
- > Ksyrium Elite Wheels
- > Carbon Fiber Seat Stem
- > Carbon Fiber Pedals (included)
- > SLK titanium Seat
- > Shimano Wireless Speedo
- > @17 lbs.

**\$1400 or best offer**

**Dale Vanocker 227-7218 - [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)**



## Your Ad Here!

Members may place bicycle related classified ads at no charge. See the RBC Website

## Your Paid Ad Here!

***The Flower City Cyclist accepts paid ads and preprinted inserts.***

Paid ads will run for one issue.

Copy in Word, RTF or PDF format and payment are due on the 15th of the month preceding the intended Newsletter.

Rates are:

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

Contact: [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# 2014 Board of Directors

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

## **Officers: (Voting)**

### **President**

Whitey Link  
248-3207  
[vhlink@frontiernet.net](mailto:vhlink@frontiernet.net)

### **Vice President**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Secretary**

Bill Crowe  
319-0752  
[wdcrowe50@yahoo.com](mailto:wdcrowe50@yahoo.com)

### **Treasurer**

Dave Natrop  
889-1368  
[dnatrop@gmail.com](mailto:dnatrop@gmail.com)

## **Directors: (Voting)**

### **Education**

Scott Wagner  
880-7643  
[srwagner@frontiernet.net](mailto:srwagner@frontiernet.net)

### **Maps**

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### **Membership**

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### **Newsletter Editor**

Dale Vanocker  
227-7218  
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### **Publicity**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Rides**

Bill & Sara Ture  
227-1149  
[rbcridesfun@gmail.com](mailto:rbcridesfun@gmail.com)

## **Directors: (Voting, continued)**

### **Immediate Past President**

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

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

Bob Lechner  
657-7326  
[BobLechner@aol.com](mailto:BobLechner@aol.com)

Andy Stewart  
654-7788  
[onetenth@frontiernet.net](mailto:onetenth@frontiernet.net)

Elaine Mizzoni  
755-6080  
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Mike Harris  
770-8258  
[mlharris1969@gmail.com](mailto:mlharris1969@gmail.com)

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

### **Adopt-A-Highway**

Hank Walck  
217-9450  
[hwalck@rochester.rr.com](mailto:hwalck@rochester.rr.com)

### **Awards**

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### **CD Publisher**

Brad Jensen  
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### **Impromptu Rides**

Pamm Ferguson  
737-2887  
[justpef@gmail.com](mailto:justpef@gmail.com)

### **Road Advocacy**

Richard DeSarra  
461-5363  
[rdscomm@rochester.rr.com](mailto:rdscomm@rochester.rr.com)

### **Trail Advocacy**

Richard DeSarra (as above)  
Steve Wowkowych  
338-3629  
[steven.wowkowych@gmch.com](mailto:steven.wowkowych@gmch.com)

## **Coordinators: (continued)**

(info as of Jan 1, 2014)

### **Slow & Easy**

Mike Stanton  
330-2371  
[michael.stanton@xerox.com](mailto:michael.stanton@xerox.com)

### **Social Rides**

Mike Barber  
507-7829  
[bikerochester@rochester.rr.com](mailto:bikerochester@rochester.rr.com)

### **Sweep Rides**

Andrew Henke  
797-5641  
[ahenke1@yahoo.com](mailto:ahenke1@yahoo.com)

### **Web Site**

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

### **Bike Cases**

Cynthia Cooper  
359-1424  
[ccooper@rochester.rr.com](mailto:ccooper@rochester.rr.com)

### **Winter Meeting**

Brian Managan  
654-9624  
[thelongroad@rochester.rr.com](mailto:thelongroad@rochester.rr.com)

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

### **Librarian**

Hank Walck  
217-9450  
[hwalck@rochester.rr.com](mailto:hwalck@rochester.rr.com)

### **LAB Touring**

Ride information  
Club Representative  
Todd Calvin  
314-7432  
[tc Calvin001@hotmail.com](mailto:tc Calvin001@hotmail.com)

### **Legal**

Mark Bezinque  
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