

Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 48, Issue 8

October 2015



Inside This month!



RBC Awards Three Grants



Volunteer Dinner - October 23 -6:00 pm - Burgundy Basin

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Upcoming Events Summary

Board Meeting

October 13, 2015

7:00 pm

Brookside School, S. Winton Road
Between 590 & Westfall Rd

Volunteer Dinner

October 23, 2015

6:00 pm

Burgundy Basin
1361 Marsh Rd
Pittsford, NY

RBC Elections and Pot Luck Party

November 20, 2015

Kings Bend Park
North Lodge
Pittsford (off of Jefferson 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 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 by the deadlines listed above.

Rates are:

1/4 Page \$10.00

1/2 Page \$15.00

Full Page \$25.00

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

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

President's Message



This month's column is basically a PITCH to our members to consider joining RBC's Board. Service on the Board is open to all members and can represent a meaningful way to “give back to” and provide leadership and direction to our club which has given so much to so many of us. Board service does entail a commitment of time and energy and an interest in improving the “RBC Experience” for its members by working collaboratively with others. In return you will have the opportunity to be part of a team that has some very dedicated, dynamic, and creative members. Many present and past board members have experienced a deep felt sense of accomplishment and fulfillment and have enjoyed long periods of service in a number of roles. I've personally been on the board for several years in the roles of At Large member, Secretary, Vice President/Publicity Chair, and President and have experienced a sense of satisfaction each step along the way.

As you likely know our Annual Meeting and Election is scheduled for November 20. See elsewhere in this issue for the current “Slate” of candidates (and who to contact if you wish to serve on the board) as well as an announcement about our Nov. 20 event. At this time we have 4 positions that do not have candidates. These are listed below. For each you'll see the “job description” per our constitution. I've also added some comments in hopes of further clarifying these Board roles and addressing some questions you may have. Please do consider volunteering for any of these important Board positions!!!

SECRETARY

1. Takes minutes of all Board and General Membership meetings and forwards the minutes to the Board and to the Librarian in a timely fashion.
2. Submits the minutes, or a summary thereof, to the Newsletter Director.

Comments: Given the Secretary's task of succinctly summarizing the group's discussion the Secy. can play a very helpful role by providing feedback/requesting clarification, as appropriate. Board members have typically been more than willing to back up the Secy. in the event that the Secy. is unable to attend a meeting.

PUBLICITY DIRECTOR

1. Maintains a list of all area bike shops and media.
2. Arranges distribution of Club brochures to all area bike shops and restocks as needed.
3. Represents the Club at selected promotional events.
4. Promotes invitational rides of the Club in area media.
5. Periodically prepares and coordinates feature, news, or human interest stories for publication.
6. Contacts bike shops and prepares the annual membership discount sheet material

Comments: “Arranges” in #2 above should be read as “Coordinates.” Board members have always helped with distribution of brochures, etc. Regarding #3 this should read as “Arranges Representation for the club.....” In some cases the Publicity Director chooses to represent the club and in others attempts to arrange for others to do this.

MEMBER-AT-LARGE

1. Acts as liaison between the Board and the general membership.
2. Brings new ideas to the Board.
3. Initiates and/or coordinates projects.

Comments: This position has provided a good starting point for many current board members and many have provided leadership around important club initiatives. It's long been the vision of the Board that At Large members bring fresh ideas, become meaningfully involved with projects to further the club's mission and go on to assume other board positions

AWARDS COORDINATOR

1. Establishes an Awards Committee to select members to receive special awards.
2. Develops a budget for awards and presents to the Board for approval before purchases.
3. Presents awards at the annual Spring Banquet.

Comments: Establishing an Awards committee is easier than it might sound. Board members routinely step up for this. As to #2: detailed records kept of previous Awards programs and budgets facilitate completion of this task. As to #3 the Awards Chair has typically been able to press the president and/or others into service to help with actual award presentation ceremony...

Slate of Candidates for Office

Notice of Candidates for Office – Mark Robbins

Candidates for the November Board Elections

Nominations will be open until the November 20th Annual Meeting / Election.
Below are the nominations to date.

[Note: Role Descriptions for all Board Positions can be found in Appendix A of RBC's Constitution that can be found in the Members Area of our Website under Club Documents]

OPEN POSITIONS:

- Publicity Chair
- Secretary
- Members-At-Large
- Awards Coordinator

The following are the nominations to date.

Officers (Voting Members)

President – Mark Robbins

Vice President – Elaine Mizzoni

Secretary – Open

Treasurer – Dave Natrop

Education – Andy Stewart

Maps – Andy Melnyk

Membership – Cindy Fleischer

Newsletter – Dale Vanocker

Publicity – Open

Rides – Steve and Kathy Riegel

Immediate Past President – Whitey Link

Member-at-Large – Chris Basak

Member-at-Large – Bob Lechner

Member-at-Large – Brad Jensen

Member-at-Large – Open

Member-at-Large – Open

Coordinators: (non-Voting Members)

Awards – Open

CD- Publisher – Brad Jensen

Impromptu Rides – Pamm Ferguson

Road Advocacy – Richard DeSarra

Trail Advocacy – Richard DeSarra

Slow & Easy – Mike Stanton

Social Rides – Mike Barber

Sweep Rides – Chris Basak

Web Site – Brad Jensen

Bike Cases – Beth Johnson

Winter Meeting – Brian Managan

Librarian – Todd Calvin

LAB Touring – Todd Calvin

Legal – Mark Bezinque

If you wish to to be a candidate for any of the Open Positions,
Please contact Mark Robbins: 469-5729 or markerino@rochester.rr.com

This Notice of the List Of Candidates is being published in accordance with the rules set forth by the Rochester Bicycling Club Constitution and by-laws.

Announcements

Welcome To Our New Members through September 28, 2015

Steve Bailey	Joanne LaFave
Jeff Bailey	Maggie Maloy
Maria Baker	Matt Marion
Lauren Blair	Josh Meltzer
AJ Casciani	Lisa Miller
Bob Comstock	Stephen Palmer
David Drushler	Ronald Pratt
Mike Ellman	Joan *Dina* Stein
Linda Falzano	Cathleen Sullivan
David Hough	Steve Telesca
Mike King	Gus Torres
Julie King	Melissa Warp

Hannah Vickner Hough
Kathleen Langer-Nawrocki

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 Beth Johnson email:

dr.j.4992@gmail.com

Second Annual Slow Cooker Party and Annual Meeting/Election

*Friday, November 20, 6:30 pm
King's Bend Park, North Lodge
170 West Jefferson Rd.
Pittsford, NY*

On Friday, Nov. 20 our Second Annual Slow Cooker Party and Annual Meeting and Election will be held at **King's Bend Park**.

While a "Slow Cooker Party" we'd never turn away a Pizza or any other "non-slow-cooker" dish. The club will be providing beverages and desserts. Of course, if you have a dessert that just has to be shared with your riding friends, you won't be turned away...

Hope to see everyone on Nov. 20th!!!

Volunteer Dinner October 23rd, 6:00 pm Burgundy Basin Inn

If you have received an invitation because you volunteered this year, please join us for a wonderful Buffet prepared just for you!

Please remember to follow the instructions in your Email notice to register for this event.

If you are bringing another person, please call Brad Jensen or email him as shown below, so you can pay for the extra plate.

Don't miss this event, we always have a wonderful time!

Brad Jensen:
872-4468
bkjensen99@yahoo.com

Announcements

Awards Banquet Request



The 2015 cycling season is underway so keep a lookout for something that would qualify for a Humor Award on those rides. Send your suggestions in confidence to me:

vhlink@frontiernet.net

We are looking for a volunteer to take over the 2015 Awards Banquet. I have been doing it for five years and it is time for a change.

If you are interested please contact me or any board member.



**RBC Rides are
Now on
Meetup.com!**

Now you can see who else expects to attend a ride, ask questions about it, or invite your buddies to join you! Ride leaders (and participants) can also provide updates on conditions or other last-minute changes as a ride approaches. Other benefits include reminders (if desired), and space for photos and discussions.

We hope this two-way communication further encourages folks to connect and come to rides and other events.

A reminder to Ride Leaders and Participants: With our new presence on Meetup it's likely that we'll be seeing more folks on our rides who are new to RBC. Ride leaders can help make someone's initial experience a more comfortable and rewarding one by asking whether there are new riders and, if so, introducing them to the group. All participants can help by being your natural warm welcoming selves and encouraging the new rider throughout the ride, as appropriate.

To join the Meetup group, go to:
www.meetup.com/Rochester-Bicycling-Club-Rochester-NY



Finding and Printing RBC Maps

Most RBC members have been in this spot at one time or another: you thought you knew the route or would have buddies to ride with and something went wrong. You wound up alone on the route not knowing the next turn. Don't let this happen to you! Print and bring a map to every RBC Club Ride – you will be happy to have the reference during the ride.

There are three ways to find printable maps without owning a club CD:

A printable map is available online for every RBC ride that uses a club map. Go to the Club Rides app from the home page of the RBC website: www.rochesterbicyclingclub.org. Under "Quick Links" click "Club Rides App" or type dayrides.appspot.com into your browser. Choose the date of your preferred ride and click on the map number. A printable map pdf will appear.

Current paid RBC members can access the entire map set through the club website. Log in to the website, www.rochesterbicyclingclub.org and from the home page look under "Members Area" to click "Maps"

Or you can download the club CD: Log in to the website, www.rochesterbicyclingclub.org and from the home page go to "Members Area" and "Club Documents"

Click on "Thank you to Steve Lee" for a great story that Andy posted on the RBC forum.

Thank You, Steve Lee

Brad Jensen, Webmaster

2015 Challenge Ride Report



Remembering the 2007 Challenge Ride

Despite the forecast of rain throughout the morning, 48 RBC cyclists gathered at Dryer Rd Park in Victor for the Annual Andrew Spiller Memorial Challenge Ride and Picnic. The first ride went out at 7:30 AM followed by a number of rides throughout the morning.

We did get some rain in the morning at the park but riders out on the road reported that there was very little rain while they were on the road. With over ten different rides to choose from we had riders in Honeoye Falls, Bloomfield, Cheshire and Victor. About 8 different rides went out throughout the day and some riders just went out on their own.

The most miles ridden for the day went to Otto Muller-Girard with 88, followed by Brad Jensen 86, Ed Ghazouzi-75, Monica Guenther-70 and Lance Whitbeck with 69 miles. Congratulations to these high mileage riders. We had a total of 1623 miles ridden on this Challenge Ride day.

The weather did clear up for the afternoon and about 2 PM Chef Randy fired up the grill and masterfully cooked dozens of hot dogs. The many and varied salads brought by attendees were great and we had an abundance of deserts to choose from. A couple of more rides went out in the afternoon but by 6 PM everyone had headed for home.

Many thanks to all of the volunteers, who helped lead rides, provide supplies, cook, design our poster and perform other important duties to make this event a success despite the morning rain.

Tryon Bikes brought out many demo bikes for folks to test ride. The mechanics were kept busy setting up bikes for our riders and the hit of the day seemed to be the Fat Tire Mountain Bikes. Many non-mountain bikers tried out these bikes with lots of positive comments. Our thanks to Tryon Bikes for coming out to our event.

2016 may bring BIG CHANGES to the Challenge Ride. Keep watching the RBC Newsletter for details.

Bob Lechner

RBC Awards Three Grants



Left to Right: Elizabeth Murphy, Ned Davis, Dan Lill and RBC President Mark Robbins

Back in 1992 Rochester Bicycling Club (RBC) won the right to be the bicycling club that would host "GEAR 93," an event sanctioned by the League of American Bicyclists (LAB). It was the third such LAB event for RBC, but this one had a twist. The committee organizing the event recommended to the Board of Directors that any money raised be deposited into an investment account for the future, and that the funds be earmarked for worthwhile projects that support RBC's goals. Committee members included currently active RBC members Karen Managan, Todd Calvin, and Richard DeSarra. Others on the committee included Al Davis, Bary Siegel, Carolyn Kriesen, Gary Genga, Rick Losey, and Dick Burns.

With many thanks for the committee's foresight, the RBC Board of Directors was able to provide grants for three very worthwhile projects **last month**. Each of these will uniquely serve the Rochester bicycling community.

The grant making process took place over the past year, starting with the three committee members, Richard DeSarra, Bob Lechner and Cindy Fleischer sending out many requests for proposals to a variety of organizations: cycling related, governmental (such as local police departments), not-for-profits and businesses. Some organizations responded that they were unable to write a proposal, others did not respond at all. In the end, four proposals were received and three were funded. The criteria for funding included the following:

- 1) Did the proposal clearly define how it met RBC's mission and goals?
- 2) Did the proposal show how the project would benefit our community and serve as a "seed" for future development?
- 3) Did the proposal have a clear timeline and define how reports of the outcomes would be provided to RBC?

Continued on the next page >>>

RBC Awards Three Grants

In addition to the grant recipients, the Rochester City Engineer Jim McIntosh spoke at the ceremony at Arnett Branch Library on Thursday, September 17, 2015. Jim commended RBC and Rochester Cycling Alliance for their continuing support of and advocacy for bicycling in Rochester. He noted that RBC has gotten the attention of City Council and that has helped create the now 60 miles of bicycling infrastructure in Rochester since the Biking Master Plan was created five years ago.



Here are the three grant winners:

R Community Bikes (RCB)

\$3,000 to distribute tool kits to 300 individuals who have received free bikes through RCB, enabling more independence through the use of bikes as transportation.

As RBC president Mark Robbins pointed out, if you have ever been at RCB on a Wednesday when free bikes are handed out and repairs are being done, the lines are impressively long. RCB is currently tracking the number of simple repairs they do and will continue to track repairs after the volunteer staff has given tool kits and instruction to bike recipients. The hope is that more repairs will be done by the bike owners themselves. The data collected will help support expansion of the program in the future. As Dan Lill, Director pointed out, there is a corollary here with the adage "If you teach a man to fish..." In this case, if you teach someone to fix their own small repairs, they will ride their bike more.



Friends & Foundation of the Rochester Public Library

\$2,350 to construct a second "Books by Bike" mobile. This met RBC's goal of using a bicycle for alternate function and transportation.

The first Books by Bike, seen in the photos and put into service in May 2015, had given away over 4,000 free books, completed 25 circulation transactions (new library cards issued, cards renewed/updated) and delivered library information to almost 1,200 people by July 31, 2015. The Foundation applied to RBC for funds to create two mobiles and one was funded.



Executive Director Ned Davis pointed out that the Foundation had received money from the Library Council to build the first Books by Bike Mobile, R Community Bikes had donated the bike to the library for the rig, and Bruce Wilbur, a long time RBC member and Arnett Branch librarian, was instrumental throughout the project and is the primary man riding the bike to various community events. Ned expects the second Books by Bike to be as powerful a tool as the first has been in connecting people with the Rochester Public Library system.

Continued on the next page >>>

RBC Awards Three Grants

Finger Lakes Health Services Agency (FLHSA)

\$3,500 to train between eight and fifteen League of American Bicyclist Certified Instructors (LCIs). These instructors will then teach safe bicycle riding skills to children and adults in a variety of educational, business and governmental venues in Rochester, encouraging active transportation by safe cycling.

Elizabeth Murphy, Active Transportation Specialist at FLHSA, spoke about the committee she has started to form and how it will form a network to attract a diverse group of people from public schools, colleges, businesses and to become LCIs. The timeline puts training starting sometime in April. These LCIs will then be able to teach a wide range of safe cycling classes.



At the end of the ceremony the three grantees posed with their giant presentation checks for photos with Robbins. Joining them for a couple of photos were Richard Desarra and Karen Managan who were able to attend the ceremony. This was a small effort to recognize them for their work on the GEAR 93 committee and subsequent years of service to RBC and bicycling in Rochester.



What's New With Impromptu Rides?

We'd like to share with our members some recent changes to RBC's Impromptu Ride Program. Our Impromptu Ride Program has now been around for a number of years and the program has undergone several evolutionary changes. A couple of years ago it was determined that posted impromptu rides would have speed ranges specified. This occurred in response to complaints from some Impromptu riders that they were being "dropped" during rides. It was felt that by posting with an expected speed range members would be better able to make participation decisions and would have a more satisfactory group riding experience.

At our June Board Meeting it was proposed that a no-designated-speed option be added to the menu of impromptu ride posting choices. The intent of this option was to welcome a more diverse group of riders to impromptu rides; the thinking being that rides so designated would be better attended and that groups of riders would naturally form. The proposal was approved by the Board.

So how do you post a "no-designated-speed" impromptu ride? It's easy. Just proceed as you normally would. At the "group speed" prompt select "please see notes field" from the drop down menu. What to write in the notes section? Here are a couple of examples from recently posted rides: "I will be riding at 12/13 mph but faster riders are encouraged to join as we can divide into groups based on speed" and "Ride at any speed. Just come and enjoy!" Please consider adding additional "social features" to your postings such as a mid ride break for ice cream, tailgate after the ride, etc. View other recent "no-designated-speed" ride postings at:

<http://dayrides.appspot.com/>

Recently, some *Impromptu* leaders have been creating options designed to make Calendar Rides more welcoming to a wider range of riders. For example, the club's Wednesday (Mendon Ponds Park) and Thursday (Show and Go) had developed a reputation as rides for fast riders, only, and attendance had dwindled. A couple of Ride Leaders have been posting modified versions of the Wed. and Thurs. rides. These rides are offered as "no-drop" rides (to be sure no one is left without a riding buddy), at an average speed, and perhaps at a shorter ride distance – or any combination that gives riders more definition about the characteristics of the *Impromptu* group ride. Here's a recent example of a "modified" posting to complement a scheduled ride: "This is a 20 mile cut of Map 82, Garnsey Grumble. A group will ride NO-DROP, out of the park after the faster riders leave." Check out additional examples of these postings at <http://dayrides.appspot.com/>

With these new *Impromptu* ride options we hope to encourage a wider range of members to come out and ride – evenings, weekends, days... History shows that when our member experience group rides as welcoming and comfortable for them, a whole new cycling world (and friendships) opens up.

An RBC member, but not yet an *Impromptu* ride leader? Just register as an Impromptu Ride Leader (see <https://rbc.wildapricot.org/impromptu>) and then post a ride and have fun!!

IMPROMPTU RIDES ARE WELCOMING NEW MEMBERS!

RBC was founded almost 50 years ago by a small group of people who liked to ride together. Wednesday & Thursday evening *Club Calendar* rides have a loyal following of riders who like to get out there and kick it up. They thrive on speed!! As a new member, did you arrive at one of those starts, eager to ride with likeminded folks, then were abandoned about ¼ mile down the road? How discouraging! Right?

Impromptu rides were designed as group rides - where an average speed is selected for the distance and terrain of the ride. This provides good information to riders for determining if the ride is appropriate for them.

Recently, some *Impromptu* leaders have been creating options that enhance group riding by offering modifications to *Calendar Club* rides. The rides are offered as "no-drop" rides (to be sure no one is left without a riding buddy), at an average speed, and perhaps at even a shorter ride distance – or any combination that gives riders more definition about the characteristics of the *Impromptu* group ride. A member can see these revisions at <http://dayrides.appspot.com/>

Let's all welcome new(er) members and help them find a group with whom to ride!

<http://dayrides.appspot.com/>

By: Mark Robbins

Third New Member Ride



On Aug 29 the RBC held the third New Members Ride of 2015. Greg Kerr and I had signed up to lead it way back last fall. After the moderate turn out for the April NMR and the bad weather on May's version Greg and I didn't expect what we got. About 60 riders showed up. That's the largest number of attendees this year for any ride.

Perfect weather, good calendar scheduling, great social media notice (all our rides are now listed on Meet Up, do sign up for the notices) combined to bring out many. 24 RBC members were on their first club ride, 10 riders were not yet members but at least one joined on the spot. Wow! This is what the NMR is all about.

Very quickly Greg and I realized we were over our heads and thank the stars that Cindy Fleischer stepped up and offered help. She chose to lead the short cut group. (Thus giving up her usual long ride preference, what the club needs more of). We asked Bob Baden to lead the fast group as he's well equipped to do so.

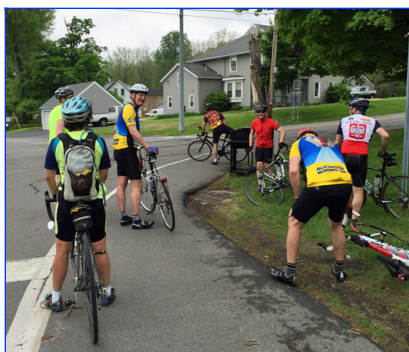
Bob's pack left first. Then my mid pace group headed out with Greg and Cindy's following. This staggered roll out reduced the congestion along Holt Rd. For what is maybe a first for our club the various groups stayed pretty much intact for most of the way east. If the leader of the mid paced group had remembered to bring his map perhaps he would have led this group from the front... As it was many didn't have maps and stayed with others to keep on route.

Entering Williamson we stopped at the convenience store just north of 104, we got refreshments and schmoosed. Our departure was less organized then our start, breaking into smaller groups. The ride back west was more spirited in the group I was part of. Christina B and Greg rode back with a more relaxed manor.

Returning to the Webster beach park start we found many riders were hanging out and enjoying the drinks and snacks that Greg, Cindy and I had provided. Some of us stayed for quite a while before leaving.

All in all a very successful ride was had by all. Many riders asked a number of us questions about the club's rides and manor. We tried to do our best at being ambassadors and hope we left a positive impression to those who never rode with us before. We learned a few points to fine tune for our next year's New Members Rides. Please look for them on the 2016 calendar and join us again.

Andy.



Pictures in this article are from the second New Member Ride -by Elaine Mizzoni

Rider Concierges Needed

Calling All Friendly Club Riders!

You're the rider who takes it easy as you roll along on your bike. Or you are the hardcore rider who needs a day of R & R this time around... a recovery ride. Either way, you want to enjoy the view and the company and aren't in a big hurry to get to the end of the ride. But above all, you are friendly and want to help other riders feel welcomed.

You are an important part of the RBC...and we could use your help.

Every year RBC picks up a couple of hundred new riders. These are riders who vary in biking experience and preferences, but they all have one thing in common with each other and with you. They've joined a bike club to ride with other people. They didn't join the club to haul their bikes to a ride start only to be dropped and ride solo. None of us did! We can all pitch in to welcome these new riders.

We're hoping you will become an RBC ride concierge. All you need to do is show up 15 minutes early at any club ride and tell the Ride Leader that you're offering to ride with others who are new or prefer a leisurely pace and ask him/her to introduce you to the group. It's not necessary to do so, but you might also mention the average speed you expect to maintain over the course of the ride. If you offer to be a concierge, you aren't responsible for changing flats or fixing mechanicals. You are simply a friendly face in the crowd.



Tell the Ride Leader You are a Concierge



Assure "No Rider Left Behind"

***If you are feeling adventurous, please extend this welcome to your own rides.
Post a slower paced ride on the club rides app.***

Instructional videos can be found here: <https://rbc.wildapricot.org/Impromptu>.

Have you been there? Do you want to make their first experience a good one?

Questions about Impromptu Rides? Contact Pamm Ferguson at justpef@gmail.com.

Donate your used bikes!

Youth and Adult bikes wanted,
Bikes in any condition accepted



My Name is Danny Gresens and I am working on my Eagle Scout project that I hope to complete this summer. I am **collecting bikes** to be donated to R Community Bikes and to children in need in my own community. If you are interested in donating your used bike to this great cause, please email at dgresens@frontier.com or call/text 585-737-0176 and I will make arrangements to have your bike picked up.

Thank you for your help.



Blasts From the Past - Editor

reprinted from the May 1986 RBC newsletter (vol. 18, #3)

We have the following from Janet Hollis, who is an immigrant from Indianapolis:

WHY???

I ride a bicycle because it is freedom.

I ride a bicycle for transportation, as an example of low energy technology.

I ride a bicycle to utilize my natural abilities.

I ride a bicycle in the hope that others will.

I ride a bicycle because I care for health, clean air, and a little bit of the world I will inhabit in my lifetime.

I ride a bicycle to become better acquainted with my city.

I ride a bicycle as a sign of brotherhood to all my neighbors.

I ride a bicycle because the diverse planning and maintenance essential to riding is fun.

I ride a bicycle as a counter measure to the oil, auto and insurance industries' stranglehold on western man.

I ride a bicycle to abstain from auto usage.

I ride a bicycle because places are too far to walk and too close to drive.

I ride a bicycle as proof that the elements cannot beat a good man.

Anonymous.....



1969 Anonymous ride

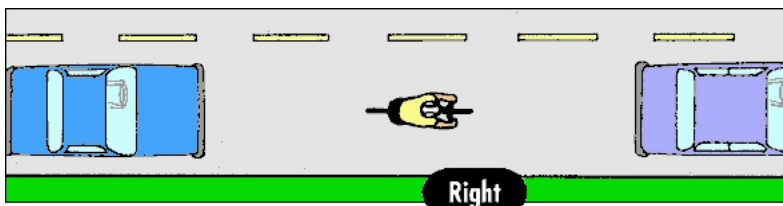


1970 Anonymous ride

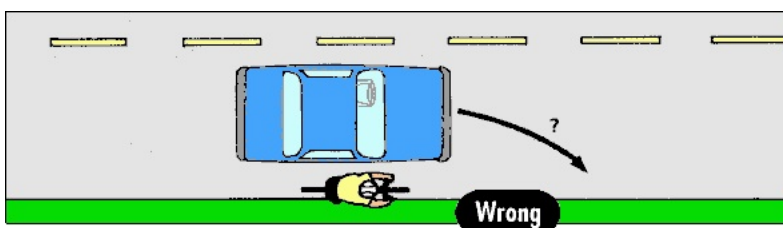
WHEN YOU GO FASTER THAN CARS

Usually, motor vehicles travel faster than bicycles, but not always. A row of cars may have slowed in a traffic jam. Or you may be riding down a hill where you can keep up with the motorists.

If you're going as fast as the cars, pull into line with them. When riding down a hill at high speed, you need more room to steer and brake. Besides, it's dangerous to ride along next to the right side of a car. The driver could turn right or edge closer to the curb without ever seeing you. The safest position in traffic doesn't depend on whether you're riding a bicycle or driving a car. It depends on how fast you're going and where you're headed.



When going as fast as the cars, you're much safer if you ride in the middle of the traffic lane where the driver behind you can see you.



The driver next to you has not seen you and could turn or merge right.

As long as you keep up with the car in front of you, stay in line with it. If you begin to fall behind, pull to the right. But if you're traveling faster than the car, pass on the left, just as if you were driving a car yourself. Drivers expect to be passed on the left, so they look back to the left before they pull out.

Before you pass, look back for traffic to make sure that you can pull safely into the passing lane. Keep your distance from the side of the car you're passing. Don't sneak along next to it. Put yourself where the driver will look for you. If you're passing a long truck or bus, give it even more clearance - at least 5 or 6 feet - since it could move farther before you could get out of its way. When you're finished passing, move back into the right lane.

Sometimes the car, bus or truck you're passing will pick up speed while you're still next to it. Then just keep the same position in the lane, and brake lightly if necessary to fall back. When you've fallen behind, look back to the right for traffic, then merge back to your normal position in the right lane.

On a street with multiple right-turn lanes or heavy, slow traffic, you may move left more than one lane to pass slower traffic.

Brian Managan - <http://bcmbike.net/> "Bike Roots" Life behind bars

Click below for a blog of his thoughts from September this year.

Two-Thirds!

A new link each month!

Granite State Wheelmen

Pedal Talk On-Line Edition

<http://www.granitestatewheelmen.org>

Dear Rochester Bicycling Club,

The September-October 2015 issue of the Granite State Wheelmen's Pedal Talk E-newsletter is now available on-line for all members who requested electronic delivery.

Please click the (shortened) link below to view the complete GSW ride schedule by day or scroll through the complete newsletter. This link to a special page on our web site will remain active for at least four months so please retain this email or "bookmark" the URL for future reference. <http://bit.ly/1h7vuks>



Genesee Riverway Trail

www.cityofrochester.gov/grt/

The Genesee Riverway Trail (GRT) is an off-road trail for walking, running and bicycling along the Genesee River. It extends through the scenic, historic and cultural heart of Rochester, from the Erie Canal to downtown and Lake Ontario. It provides pedestrian access to the Genesee River, its scenic gorge, three waterfalls, eight pedestrian bridges, and eleven parks, including four historic parks designed by Frederick Law Olmsted.

Download the Free [Genesee River and Trail Guide](#) (pdf)

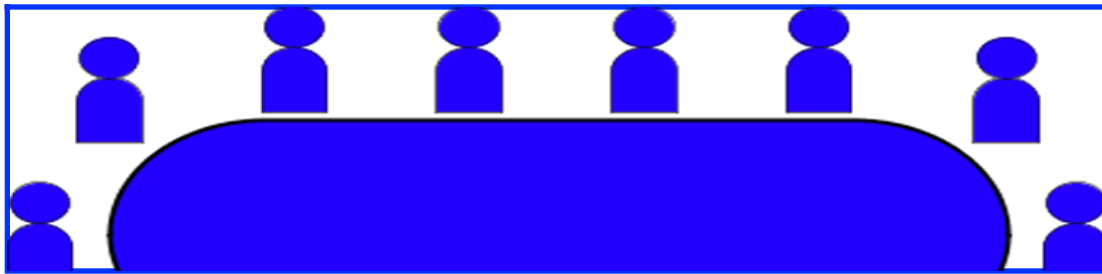
NYS Office of Parks, Recreation & Historic Preservation

www.nysparks.com

This is a rich site full of very interesting information about the NYS park system and the things it has to offer, both for bicycling and other recreational use.

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

Board Meeting Minutes - Bill Crowe



RBC Board Meeting Minutes: August 4, 2015

Present: Mark Robbins, Whitey Link, Brad Jensen, Dave Natrop, Kathy Riegel, Beth Johnson, Cindy Fleischer, Andy Stewart, Elaine Mizzoni, Bill Crowe, Andy Melnyk, Mike Stanton, Pamm Ferguson

Guests: Bob Lechner, Steve Riegel

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

Approval of minutes for the Jul 14, 2015 Board Mtg: The meeting minutes were approved with no changes.

Committee Reports:

President's Report From Mark via Email:

Activities/Follow Up:

Volunteer Recruitment for Summer Events:

- Lehigh Valley fest. On 8/29 and 8/30. Recruitment is completed. Mark and Brad coordinating on 8/29 and 8/30 respectively.

- MVP event on 10/4. Will work with Cindy to do a "recruitment" Email to members who've expressed interest in representing our club at events. Will do recruitment ad for Sept. Newsletter.

Directors Positions for 2016:

It appears that, based on information available to me as of today, 8/8, the following positions will need to be filled: Secretary (Bill would like to step down), Publicity, (long term vacancy) and 2-3 At Large positions (Kathy moving to Ride Chair, Beth would like to step down). **Board Members, please give some thought to whether you would like to move to any of the positions listed above and/or let us know if you know club members who might have interest in joining the board in any of the listed positions.**

Erie Canal Survey: In the 8/5 D&C there was an article describing how the NYS Canal Corporation was seeking input for the revision of the Canal Recreationway Plan.... "Public input will play a central role in updating the Canal Recreationway Plan, a long-term framework for development of recreational opportunities throughout the Canal system. The plan was developed for the Canal Recreationway Commission, an advisory body to the Canal Corporation. It was initially adopted in 1995 and will be updated for the first time this year."

Input can be submitted by completing an on line survey. One of the items is "What role can you or your organization play over the next 10 years to increase local involvement in the Canal System?" I believe that RBC can play a supporting role vis a vis the canal by describing the canal's relevance to our organization.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Examples would include:

- 1- In terms of our commitment to recreational cycling RBC schedules and will continue to schedule a number of rides each year that fully or partially utilize the canal trail
- 2- In terms of our role to advocate for and promote cycling as a means of transportation we can state that the canal is an important part of our regional cycling infrastructure that we expect to play an increasingly important role as other pieces of cycling infrastructure are developed that will provide the needed connections to properly support cycle commuting in our region.

Would like Board's approval to provide such survey input to the Canal Corporation and would welcome any additional thoughts on this topic.

Membership Report From Cindy via Email:

Family	230
Individual	364
Life	22
Total	616

20 new members in July, \$460 income

Membership income for 2015 to date: \$10,490

Same period 2014: \$11,760

Same period 2013: \$10,570

Treasurer Report From Dave via Email:

Account Balances

Checking: \$8951.63 as of 8/9/2015 at 11:00 PM.

PayPal: \$0 as of 8/9/2015 at 11:00 PM.

Investment: \$20,560.28 as of 6/30/2015

Income:

CDs: \$20

Jerseys: \$0

Memberships: \$375

Expenses:

PayPal: \$12.03

Challenge Ride (cash advance) \$340

Volunteer Dinner deposit \$100

Members Mingles (2) \$183

Give-Aways for the Crit: \$496

Upcoming Expenses:

Crit T-shirts: \$1000

RoS: \$634

Challenge Ride: \$?

Also of note: Meetup.com charged the RBC \$89.94 in February and another \$89.94 in August. Meetup.com is costing us \$180 per year. Was this expected, planned, and approved?

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Education Report From Andy S. via Email:

Safety/Advocacy/Education Facebook group- Now up to 110 members.

Education- 2015's last scheduled clinic was the 7/9 Flat Tire Clinic. 5 Attended.

- 2015 clinic attendees are-
 - Flat Tire- 15
 - Prepare Your Bike for the Season- 5
 - All About Your Bike- 9
 - Prepare for a Bike Tour- 4
- For a total of 33 at this point**

Maps Report From Andy M. via Email:

Illustrator Software

Purchased Adobe Creative Suit 3 and am using Illustrator CS3 to create maps.

Since, 1) I can't use the Wintel version of Adobe Illustrator (AI) purchased by Ginn Lee for RBC, 2) was not able to upgrade my old Illustrator 9 with a version compatible with Mac OS10 as Adobe no longer offers stand alone graphic software, I explored alternate vector graphic apps before finding on eBay a 2007 version of Illustrator CS3. The package also contained an OS10 Adobe Acrobat Pro, useful for editing PDF files.

Maps

Created three maps, #412, #413, #414 for rides starting from Dryer Park in time for the Andrew Spiller Memorial Challenge as requested by Bob Lechner.

Completely revised Maps #398 and #399 to eliminate visual pollution and fix problems requested by Gary Mitchell.

On two rides I joined, the maps (#123, #239) showed a different start than the actual, making me miss one ride. Leaders aware of these need to send me this info so the maps can be updated.

Will bring to the RBCBOD examples of my map style for board approval.

(At the meeting, the Board reviewed Andy's new maps and approved the style of them.)

Map Data Base

After having a chance to talk to Brian Managan at the Spiller Challenge Ride, I found he did create a Data Base of AI maps extracted from USGS Quad Maps for Western NY in addition to a Master Map Set containing Brian's editable RBC maps. Not having to re-create usable road maps from the quads will save considerable time in creating new maps. The provided discs of Brian's original data and Ginn's data were confusingly labeled appearing to be duplicates with no manual indicating what each contained.

At the Board meeting, Andy asked for volunteers to proofread his maps. Brad and Mark volunteered.

Bike Case Report From Beth via Email:

\$25 income for July rental. Will submit to Dave Tuesday at Board meeting.

At a previous board meeting someone mentioned that the board wanted to look at whether or not to continue offering this service. My feeling is that it is a valuable service, but one that not too many members might need. For those that do, new airline weight restrictions are making use of the heavy duty cases very expensive. If the club wants to continue to offer the service I would recommend investing in some lighter weight containers. 3 of the 4 cases are 37 lbs or more without adding a bike. Anything over 50 lbs results in an additional charge (already paying for an over-sized extra piece of luggage usually \$150 plus another \$100 for overweight). Similarly, those shipping their bikes UPS need lighter containers to reduce cost. I have also heard from Amtrak users that Amtrak is not concerned about size, but do want the container to be lighter.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Crate works boxes are \$250 + \$70 for wheels
Trico cases are closer to \$400
There are also some soft sided cases for around \$250.

I have also had inquiries about renting bike racks to attach to cars. Probably too much of a liability, but I thought I would mention it.

Brad's Report on Meetup, New Member Ride Promotion and Ride Statistics via Email:

.Meetup – Membership at 477, up 92 since last board meeting. Email to RBC membership on July 19 yielded about 40-50 additional Meetup memberships. Out of 88 rides since we started posting on June 20th, 20 have had 4 or more RSVP's, 12 have had 6 or more RSVP's. Planning on emailing Meetup members who haven't been active for a while to inform them that we are now posting all rides and to take another look and consider coming out for a ride and joining the RBC.

New Member Ride – Plan to promote the New Member ride on Aug 29 on Meetup and Facebook. Cindy will send an email to all new members.

Ride Stats- Will have an article for the upcoming newsletter.

At the meeting, Brad reported that the Club's Facebook page continues to grow in usage and encouraged Board members to post relevant material.

Old Business:

Investment Account Request for Proposals Update:

Cindy and Bob Lechner presented two proposals their committee has received in response to the request for proposal mailings they did in recent months. The committee (Cindy, Bob and Richard) have received 4 responses and have decided two of them are worthy and ready to be presented to the Board. A third was rejected, while a fourth is being re-worked at the committee's request.

Following are descriptions of the two requests and the actions taken by the Board:

R Community Bikes

R Community Bikes asked for \$3,000 to assemble 100 bicycle tool kits. The kits would be distributed to users after they are trained to fix flats and make simple adjustments.

This project meets RBC goals as it helps aid individuals to use bikes for transportation.

One tool kit per person.

Budget

\$10 Wrench

\$7 Tire patch Kit

\$15 Air Pump (not needed for all kits)

\$32 (total of \$17 - \$32) per Repair Kit, so \$3,000 to assemble 100 kits

In-kind: Current mechanic staff will provide training

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Current administrative staff will keep records of the distribution of kits

If the program exceeds the funds RBC makes available, R Community will seek funds from other donors to continue and expand the program. (RBC is providing seed money for a worthy program).

They have met our requirements for reporting: purchase costs, enrollment and distribution. They will report the volume of repairs they handle before the project is initiated and afterwards, hoping to see a reduction in flat repairs and minor adjustments.

The Board voted to fund the above in full.

Friends and Foundation of Rochester Public Library

Requested \$5,000 to build two "Books by Bike" One was built a year ago In 15 outings in the community since Books by Bike debuted in May:

- more than 4,000 books have been given away;
- there have been 25 circulation transactions – new library cards issued, cards renewed/updated;
- almost 1,200 people received library information

The committee recommends that RBC fund one "Books by Bike" with a grant of \$2,500. This project meets RBC's goals because it uses a bike for alternate transportation and draws attention to bicycles as functional vehicles.

Budget

\$550	for iPad and case (for Library card registration and information in public events)
\$750	for bike trailer
\$75	lumber for bike cart
\$75	misc. hardware
\$150	wire display racks for top of cart
\$20	LED lights for cart
\$250	Library flag
\$480	Library maintenance staff time reimbursement to design and build BBB
\$150	FFRPL admin fee for grant
\$2,500	Total

In-kind: (\$0) donated adult bicycle for Books By Bike from R Community Bikes

They have met our requirements for reporting: They will track progress and will report annually on the number of library cards issued and the number of books distributed through Books by Bike.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

The BOD voted to fund this project in the amount of \$2,350 for one Books by Bike, covering the proposed budget except for the \$150 FFRPL admin fee.

2015 Challenge Ride Recap:

Bob Lechner thanked all who helped with the Challenge Ride. Forty-eight riders signed in to ride although some did not actually ride. Special thanks are owed to Scott Page of Full Moon Vista for loaning his tents for the event and to Les Eisenberg and Tryon Bikes for bringing their demo bikes and several employees to the event. Quite a few members as well as the general public enjoyed trying out those bicycles.

Purchasing Policy Review:

This was again tabled due to Dave Natrop's need to revise his proposal.

Meetup.com Update:

A small group of members is promoting use of Meetup. Steve Riegel has uploaded the remaining schedule of Club /rides to the site (September 1st and beyond). Steve encouraged all Club members to join and use the site to promote rides and communicate with other interested riders.

Conkey Cruisers Donation:

This was tabled due to Richard's absence.

New Business:

Proposed Improvements for Slow and Easy Rides:

Mike Stanton, the Coordinator of the Slow and Easy Rides, attended the meeting and presented an issue that has recently arisen. A consequence of posting Club rides on Meetup is that some new riders are attracted and come to the ride with little knowledge of what to expect and what is expected of them. Mike suggested adding some of the orientation type literature currently on the Club web site to the Meetup site. This will be done.

Also, Mike informed the Board of some recent changes made to accommodate more experienced Slow and Easy riders. Some longer ride options have been added, sometimes concurrently with a shorter option of the same route. While ride lengths used to be limited to 25 miles, the limit is now 40 miles. The pace of the rides and the absence of hills has not changed.

Volunteer Dinner:

Invitations will go out in September. The Burgundy Basin Inn has been reserved for the evening of October 23rd.

2016 Board:

Mark has asked all current Board members to inform him as to whether or not they wish to remain on the Board for 2016. Some have not responded. At the moment it is known that the positions of Secretary, Awards and Publicity as well as multiple Member-at-Large slots will be open. Mark asked Board members to suggest possible candidates for these positions to him.

New Ride Chairs for 2016:

Bill and Sara Ture have expressed their intention to step down as Ride Chairs at the end of the current season. Steve and Kathy Riegel have volunteered to accept the position. Steve and Kathy stated that one of their main goals will be to increase the average number of riders on Club rides. This will be done partly by reducing the number of rides scheduled on a given day.

Annual Election Meeting Date:

Mark will look at availability of Kings Bend Park in Pittsford and inform the Board of the possible choices in November.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Proposed Western New York Bike Festival 2016:

As a member of the GROC Board Of Directors, Scott Page of Full Moon Vista is planning a two day Mountain Bike Festival in June of 2016 at Dryer Road Park. When Bob L and Cindy F met with him about borrowing tents for RBC's 2015 Challenge Ride the three of them came up with the idea of a Western NY Bike Festival for the whole biking community. Scott is willing to rework his Mountain bike festival to be a whole cycling community Bike Fest. Since RBC is the largest road biking club, this would only make sense if RBC participated. He proposed that RBC hold the 2106 Challenge Ride as part of this event. At RBC BOD's request, Scott drew up a budget and a possible plan for the event. He proposes the formation of a WNYBF planning committee containing representatives from all local cycling clubs interested in participating. All local bike shops will be invited to participate in the event. His shop, Full Moon Vista, will be treated as any other bike shop participating. His hope is that, with a full cycling community commitment, several bike manufacturers will bring their demo rigs to the event. Based on previous Fat Tire Festivals, he believes that bike shops will participate for a \$250 fee. As part of Scott's proposed budget, attendees will be charged \$5 each or \$10 for a family. These fees are subject to approval by the planning committee. The budget Scott drew up for RBC's consideration shows a possible surplus for the first year of the event, depending on the number of attendees and bike shops participating. The budget includes an expense item for the insurance premium for the event. The insurance will be secured by the promoter of the event through his insurance carrier. It is not known at this time what RBC or other participating club's expenses might be. Hopefully, there will be a positive financial outcome. GROC's portion of the proceeds, if there are proceeds, would probably go toward trail development. Tentative RBC plans are to donate any surplus to an as yet unnamed charity. According to Cindy F and Bob L, Scott will not go forward with planning a bike festival if the Club declines to be involved. He will default to the originally planned Mountain Bike Festival. After much discussion, a motion was made that RBC will participate in the development of the proposed 2016 WNY Bike Festival. The motion passed. This is NOT a commitment of RBC funds, nor is it a resolution of the possible inclusion of the RBC Challenge Ride in this event. Both are to be decided at later dates.

Next Meeting: The next board meeting will be held at 7PM on September 8, 2015.

The meeting was adjourned at 9:15PM.

Minutes submitted by Bill Crowe, Secretary

"Scene" Along the Way



Any Choices?



Diet Ice Anyone?

Member Want Ads

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

For Sale

Saris 2 bike hitch rack.

\$50

Todd Calvin
314-7432

tcalvin001@hotmail.com



CANNONDALE SYNAPSE CARBON \$1200

Frame	Synapse Carbon
Fork	Synapse S.A. V.E. Ultra Carbon
Frame size	58cm
Rims (NEW)	Shimano Ultegra 6700 Tubeless
Tires (NEW)	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
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Chain	Shimano Ultegra 6700

Great Condition, Pedals not included

Call:
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TREK 7200 WSD

16" Women's Hybrid, 8-speed.

Showroom New (<50 original miles),
Peacock color.

Lists at \$540;

Asking \$350, incl. wireless computer

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[http://www.bikepedia.com/quickbike/BikeSpecs.aspx?](http://www.bikepedia.com/quickbike/BikeSpecs.aspx?year=2010&brand=Trek&model=7200+WSD)

[year=2010&brand=Trek&model=7200+WSD](http://www.bikepedia.com/quickbike/BikeSpecs.aspx?year=2010&brand=Trek&model=7200+WSD)



FOR SALE:

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

Components are a mix of Dura-Ace and Ultegra.

A truly fantastic ride. This bike can be seen and ridden at *Mendon Cyclesmith*.

Contact for questions is David Snyder, 943-4050. doorknob@rochester.rr.com

Asking \$1,100 / OBO

Member Want Ads

For Sale

Cannondale R1000 -Very Low mileage

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Triple Crank
- > All **Ultegra** Components
- > Ksyrium Elite Wheels
- > Carbon Fiber Seat Stem
- > Carbon Fiber Pedals (included)
- > SLK titanium Seat
- > Shimano Wireless Speedo
- > Weight 17 lbs.

New Price! \$900 or best offer

Dale Vanocker 227-7218

rbcnewz@yahoo.com



For Sale

**N
e
w

P
r
i
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e
!**

Thule Dual Bike Rack & Deflector
with foot kit for 2007 Prius

\$200.00 or fair offer

Dale Vanocker: rbcnewz@yahoo.com



For Sale

Savage River C1 Canoe

16ft, 2in
Max width, 29 1/2 in
Width at gunnel, 22 3/4 in
Carbon/Kevlar
All up weight 25lb.

Adjustable seat
Foot brace
2 water bottle holders
2 spare paddle holders
Wood trim gunnel
Weed deflector
\$1500

ARTVON@aol.com



Your Ad Here!

***The Flower City Cyclist accepts
free ads from its members.***

***Ad copy in Word, RTF or PDF format
are due on the 15th of the month
preceding the intended Newsletter.***

Contact: rbcnewz@yahoo.com

Member Want Ads

For Sale

Rans Tailwind Recumbent with homemade carrier
Many accessories
\$450.00.
Call Larry Johnson 315-524-8244



For Sale

Homemade short wheelbase recumbent and carrier
Many accessories
\$150.00
Call Larry Johnson 315-524-8244



Your Ad Here!

**The Flower City Cyclist accepts
free ads from its members.**

**Ad copy in Word, RTF or PDF format
are due on the 15th of the month
preceding the intended Newsletter.**

Contact: rbcnewz@yahoo.com

Paid Ad

The *National* Susan B. Anthony Museum & House - in conjunction with Terry Bicycles in Burlington, Vermont - is proud to offer this lovely tribute cycling jersey in "suffrage purple", with one of Anthony's famous bicycling quotes on the rear pocket. Breathable, lightweight fabric with mesh side panels; full-length front zipper; 3 rear open pockets.

Limited edition – and a future collector's item. Athletic fit.

Only 8 left! SMALL - 6 and MEDIUM - 2

To purchase: visit the Visitors Center at 19 Madison Street or order online at www.susanbanthonyhouseshop.org and select shipping method or In-store pickup. \$80.00 questions: Joanne French 235-6124

"Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammelled womanhood." Susan B Anthony, 1896



Go PINK!!!

Announcing the 5th Annual Breast Cancer Awareness Ride

Registration is now open for one of the largest Breast Cancer Awareness fundraisers in upstate New York! Join us at Mendon Ponds Park on **October 11, 2015** for a day of "fun"draising for a great cause--100% of our proceeds go to local charities supporting Rochester-area breast cancer patients and survivors.

This year enjoy family-friendly routes of 10, 25, and 50 miles as well as a 5K trail run and a 1 mile nature walk. We'll provide delicious breakfast, snacks, and lunch and host the ever-popular raffle with some amazing prizes. Come join us for a great day enjoying early autumn in Western New York while raising money for a very deserving cause.

If you can't run or ride this year, we do still need as many volunteers as we can get! If you or someone you know may be interested in donating time to this event, contact us via [email: sales@towpathbike.com](mailto:sales@towpathbike.com)



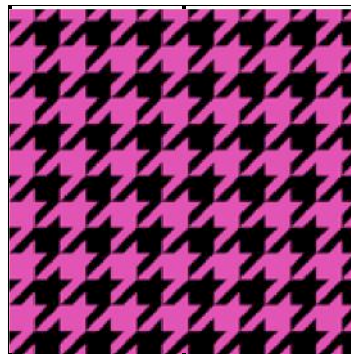
Fundraising Incentives

Just like previous years, the more money you raise the greater the prize.

Raise \$50 (in addition to your registration fee) and score an awesome pair of GoPINK! Sock Guy Socks.

Raise \$250 (in addition to your registration fee) and take home a specially-designed event jersey. We're especially excited about the 2015 makeover!

And new this year, the top 50 fundraisers will receive some extra love with access to our VIP tent, special bike plates, and tons more awesome perks. Get your fundraising started; you definitely don't want to miss out on a VIP status!



Breast Cancer Ride Details

When: **October 11, 2015**, check-in begins at **7:00**

am Where: Mendon Ponds Park, [Stewart Lodge](#)

Registration: [Click here](#) to register for the ride and/or run

Donations: [Give to the cause](#) or [set up your personal fundraising page here](#)

We are looking for volunteers! If you'd like to donate your time to this event, we have the perfect job for you. Just call **(585-381-2808)** or email us sales@towpathbike.com to join the volunteer list.

2015 Board of Directors

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

Officers: (Voting)

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Vice President

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Sweep Rides

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Web Site

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bkjensen99@yahoo.com

Bike Cases

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dr.j.4992@gmail.com

Winter Meeting

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thelongroad@rochester.rr.com

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LAB Touring

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