

# Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 49, Issue 4

May 2016



**Spring Season is Opening Up!**



***Time to Get Those Old Bikes Running Again!***

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# 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](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:

## Upcoming Events Summary

### May Board Meeting

May 10, 2016

7:00 pm

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

### Ride of Silence

Wednesday, May 18

6:15 pm - SHARP

Penfield Highway Department  
Jackson Road, across from Veterans Park

### Clinic

Thursday, May 19 - How to Plan a Bike Tour

Tuesday, May 24 - Flat Tire

7:00 pm - 9:00 pm

Christ The Good Shepherd Lutheran Church  
1000 Winton Rd N

### Members' Mingle

June 16 & July 13

6:30 pm - 8:30 pm

The Back Nine Grill  
3500 East Ave, Rochester

# Announcements

## Message from The Board to RBC Membership:

### *Clarification regarding*

### **Calendar and Impromptu Rides for the 2016 Season**

**This message serves to clarify for our membership, certain ride scheduling practices for the 2016 Season.**

- Out of respect for our ride leaders who have committed to lead Calendar rides and the goal of bringing more riders together, the Board has determined that impromptu rides may not be scheduled on weekend days when there are rides on the Club Calendar.
- Members are encouraged to schedule Impromptu rides. They may be scheduled any time during weekdays, including evenings. When scheduling Impromptu rides please be courteous and refrain from scheduling rides that are similar to already scheduled rides.
- If members have ideas to enhance already scheduled weekend rides (e.g. adding an S&E Ride on days when none are scheduled; a unique ride such as a family ride with children) please bring these to the attention of Ride Chairs, Kathy and Steve Riegel at [rbcrides@gmail.com](mailto:rbcrides@gmail.com), in advance, who will work with you to schedule the ride.

Thank you very much,

RBC Board of Directors

# President's Message



## May, 2016: Cycling Advocacy

This month's column is about Cycling Advocacy, why it should matter to all of us and news on a recent positive development.

### What is Cycling Advocacy and Why it Matters

We read in Wikipedia that **Cycling advocacy** consists of activities that call for, promote or enable increased adoption and support for cycling and improved safety and convenience for cyclists...Issues of concern typically include policy, administrative and legal changes (the consideration of cycling in all governance); advocating and establishing better cycling infrastructure (including road and junction design and the creation, maintenance of bike lanes, and bike parking); public education regarding the health, transportation and environmental benefits of cycling for both individuals and communities, cycling and motoring skills; and increasing public and political support for bicycling.

I feel confident that RBC members don't need to be convinced of the health and other benefits of cycling. What many members may not be fully aware of is that improvements in cycling infrastructure, legal changes that serve to protect cyclists on our roads, and other changes that support cyclists generally (only) occur in response to efforts made by Cycling Advocates. In Rochester the Rochester Cycling Alliance (<http://rochestercyclingalliance.org>) provides a public voice for the interests of cyclists. On a State level the New York Bicycling Coalition (<http://nybc.net/>) advocates for pro-bicycle policies and funding at all levels of government; educates New Yorkers about bicycle safety and the benefits of bicycling; provides technical assistance and support to advocates and government entities; and promotes bicycle tourism across the state.

RBC maintains close ties to RCA (at least 2 of our board members are actively involved with RCA and partnering with RCA around cycling issues) and we are a member club of NYBC. Our recently appointed Legal Counsel serves as director of NYBC. While primarily a Road Cycling Club RBC's board clearly recognizes the importance of Cycling Advocacy in creating a community that is safer for and more supportive of cycling and cyclists. The Board would like (but does not necessarily expect) that members become active advocates for cycling. We do, however, strongly encourage members to take a few moments to respond to the occasional Call for Action you may receive from RBC.

During April we celebrated an important preliminary victory in that the NY Senate's Transportation Committee passed the 3 foot law which requires that motorists provide at least three feet clearance when passing a cyclist. This paves the way for the law to come to the legislative floor. Several of you helped by writing to your legislators. However, the fight is not yet over as the bill (S06649/A09189) still needs to be approved by both the Senate and Assembly. So PLEASE do consider making your voice heard. It's as easy as clicking this link: <http://nybc.net/take-action/?vvsrsrc=%2fcampaigns%2f44494%2frespond> where you'll be able to read more about this important legislation and be guided through a simple process to send letters to your State legislators.

**Be part of the solution. Help to make our state a safer and better place to cycle for yourselves and all of our current and future fellow cyclists!!!**

# Susquehannock 2016 - Ann Carroll-Lee



## Susquehannock Lodge and Trail Center

5039 US 6 West  
Ulysses, PA 16948  
814-435-2163

[www.susquehannock-lodge.com](http://www.susquehannock-lodge.com)  
Ed & Carol Szymanik, your hosts

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

*June 3-5, 2016 (Friday night through Sunday)*

This is a weekend of riding with like minded friends in Potter County, PA which is around 2 -3 hours south of Rochester. The rides are loops rides from the lodge anywhere from 30-75 miles with the terrain rolling to hilly. There are also several miles of dirt roads and trails for mountain bike exploring. We work on making sure no one rides alone if at all possible.

The price per person for a room in the lodge is \$125.00, this price is for 2 nights (Friday & Saturday) at the Susquehannock Lodge on Rt. 6, Ulysses, PA, 2 breakfast (Sat. & Sun.) and 2 dinners (Sat. & Sun.). The lodge rooms are single beds with no more than 3 to a room with a shared bathroom.

There are also several private rooms which you can call Carol at the lodge to see if any are available and work directly with the lodge.

Carol (814-435-2163).

E-mail: [Susquelgcarol@penn.com](mailto:Susquelgcarol@penn.com)

For more information about the Lodge and Potter County PA see the links below:

[www.susquehannock-lodge.com](http://www.susquehannock-lodge.com)

[www.pottercountypa.net](http://www.pottercountypa.net)

If you would like to join us, e-mail me at [alcarrol@frontiernet.net](mailto:alcarrol@frontiernet.net) or call 265-4188. I will e-mail you a form. I will be taking reservation for the lodge rooms until May 24th after that you can call the lodge directly.

Hope that you will consider joining us the June.



*pictures courtesy of RBC photo Library Album Susquehannock 2008 - various contributors*

# Ride of Silence - May 18th, 2016 - Andy Stewart



## The Ride of Silence is Screaming for You!

Have you ever fallen off your bike or been hit by a car? Do you know someone who has? Do you get piqued at the lack of a penalty when drivers are found guilty of causing car/bike incidents (and don't even go down the "we call them accidents" path)?

If so, then you need to share your frustrations and participate in Rochester's Ride of Silence on May 18. Most know this event as a moment to honor those who died while riding, by doing what they loved to do. Just riding a bike. BUT there's a second aspect of this ride that calls out to all that are still with us, all who ride a bike today, tomorrow and the next day. This is to display to the general public our resolve to state our rights and cycle on the open roads.

Please consider what this statement is worth. What is the value of having one driver opening their eyes to the presence of cyclists and taking the few seconds to accommodate us? Is this worth an hour of your silence while you share our statement? I think so.

Visit our Facebook page <https://www.facebook.com/RBCsocial/events> for personal stories and posts by actual riders we know. The club website Events tab will have the latest info.

On May 18th, arrive by 6:20 pm, ceremony starts at 6:40 pm, rolling out of the start at 7:00 pm. An hour later we can talk if we are so moved, after we return to the start at Penfield Highway Department parking lot on Jackson Rd, just North of Atlantic Ave, across from Veteran's Park.

Contact Andy Stewart at [onetenth@earthlink.net](mailto:onetenth@earthlink.net) with any questions you have.



# Announcements

## Welcome To Our New Members through April 17, 2016

Tristan Baker	Dana Gregory
Greg Barkau	Cliff Heckman
Harvey Beldner	Susan Howard
Mary Berk	Dan Johnson
John Bruning	Lynn Johnston
Ron Campanaro	Scott Lamarche
Steve Cass	Dennis Moriarty
David Clement	Joe Morreale
Karen Cornell	Kevin Nowack
Jan Crum	Anna Preziosi
Bob Crum	Jim Reed
Stephen Deeley	Paul Schwedfeger
Meredith Dragon	Lynn Tavernese
Alan Edmiston	Brian Wright
William Farr	

## 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](mailto:dr.j.4992@gmail.com)



## "Scene Around Town"



Cindy and Phoebe



Your Guess is as Good as Mine!

# Announcements

## Awards Banquet Request



The 2016 cycling season is underway so keep a outlook for something that would qualify for a Humor Award on those rides. Send your suggestions in confidence to me:

[boblechner@aol.com](mailto:boblechner@aol.com)

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 provide information 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 RBC Meetup group, go to: <http://www.meetup.com/Rochester-Bicycling-Club-Rochester-NY>

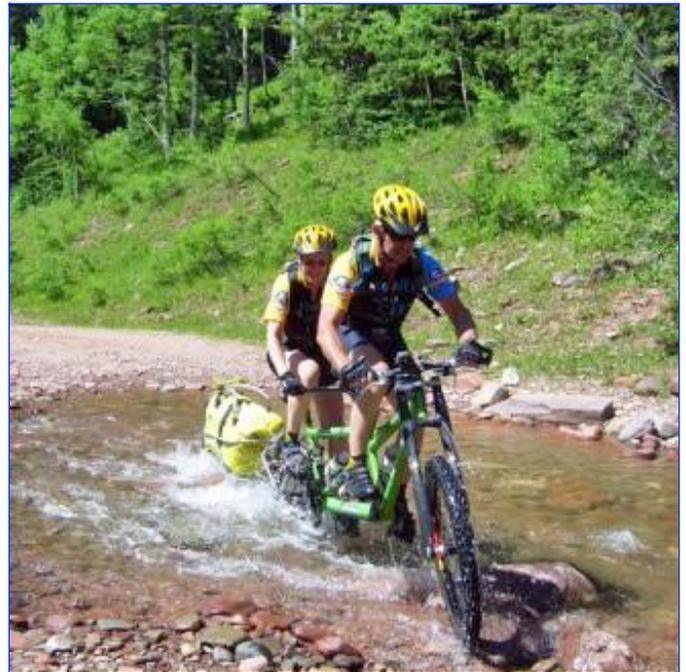


## Where to Find RBC Maps

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 ride – you will be happy to have it (especially if your GPS dies!).

Links to printable maps are included in online calendar ride entries on RBC Meetup, the Club Rides app, and on the PDF calendar.

A full listing of all active RBC maps is also available on the RBC website in Members Area - > Maps. This list contains links to the maps and can be sorted many useful ways (length, terrain, start town, etc.). It is very handy for finding nice rides wherever you'd like.



**Doing the Water, Trailer and All**

# MEMBER'S MINGLES



## Last Two Member's Mingles: June 16 & July 13

A nearly full house of sixty-three members, new and longtime, gathered at the Back Nine Grill for some socializing and a terrific opportunity to get to know one another off their bikes. The idea is to meet other members who have similar riding styles, from highly

trained to scenic riders and everyone in-between. Newer members then show up at their first few rides with familiar faces around them, people with whom they keep pace, and voila, everyone is happy! Because of the popularity of these events, RBC members are

given the first opportunity to register as a benefit of Membership! So come along and bring your guests. To secure your spot: [register now](#). Many thanks to the Membership Committee for the Mingles.



# Western New York BIKE FESTIVAL

"Celebrating, uniting and growing the cycling community"



**June 4 & 5**

**REGISTER ONLINE for REDUCED price:**

**\$5/individual or \$10/Family**

**One fee buys both days!**

[bikereg.com/wnybikefestcom](http://bikereg.com/wnybikefestcom)

**EVERY REGISTRATION ENTRY IS A RAFFLE TICKET**

**Prizes raffled off all day, both days!**

**6 Demo Rigs for test rides - 10 Bike Shops - 10 Bike Clubs - 16 Clinics & 17 Led bike rides - Food Vendors**

**Two days packed with biking fun! All level riders welcome, ADVANCED to BEGINNER.**

**Celebrate and learn about all types of cycling: Off-road, Road, Racing, Adaptive, Cross... Kid's activities too!**

**Test-ride bikes and meet bike reps from:**

Orbea	Trek
Niner	Santa Cruz
Linear	Avenue
Cannondale	<b>And more!</b>

**Meet reps from these bike shops:**

Bert's Bikes & Fitness	Bike Zone
Cyclepath Bike Shop	Tryon Bike
Geneva Bicycle Center	Towpath Bike
Park Ave Bike Shop	The Bicycle Man
Full Moon Vista Bike & Sport	
Rochester Fitness & Cycling	

**Learn about these Charity Rides:**

CF Cycle for Life	Tour de Keuka
Bike MS Fingerlakes Challenge	

**Meet Bike Club reps:**

GROC	RAA
RBC	GVCC
Huggers	RCB
RATs	RCA
Nt'I MtB Patrol	
Livingston Cycle Club	

**Raffle prizes and Fest Days discounts from:**

Bistro 11	The Thirsty Turtle
Finn's Tap Room	The VB Brewery
Otto Tomotto's	Six50 Black Oven
Sweet Times Bakery	
Lucca Wood-Fired Bistro	
<b>And many more!</b>	



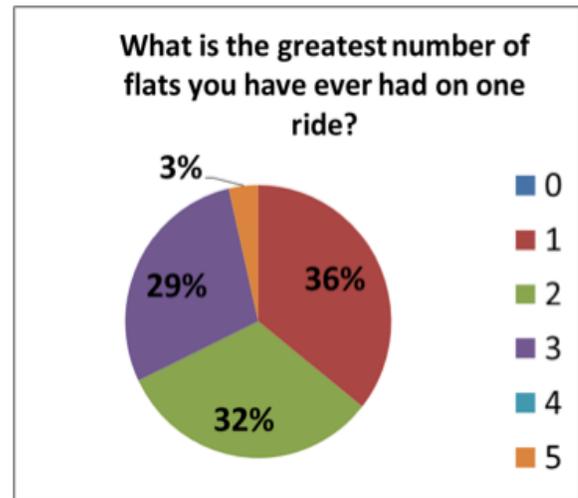
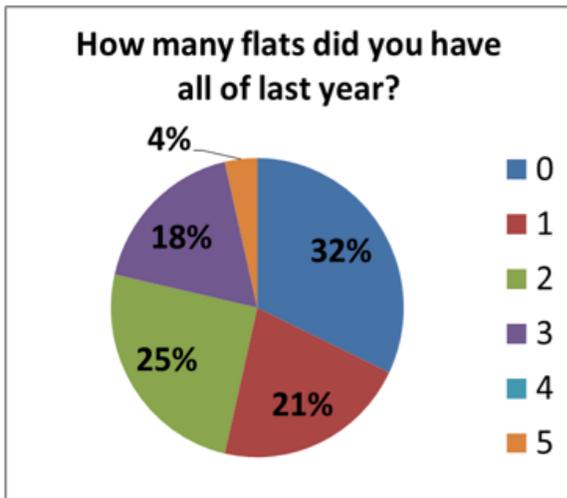
**Avoid the congestion and use your bike as transportation. Bring your bike and lock and park in one of our four satellite parking lots. Ride your bike a short distance to the Fest. Drop-off passengers in the Dryer Road Park parking lot loop.**

**Wear Your Entry Wristband to Local Spots after the Fest for discounts!**

**For up-to-the-minute details visit: [WNYBikeFest.com](http://WNYBikeFest.com) [facebook.com/WNYbikefest/](https://facebook.com/WNYbikefest/)**

# April Mini-Survey Results - Brad Jensen

The April mini-survey asked about flats and other mechanical problems you have had. Twenty-eight people responded to the survey. Please take a couple of minutes to do this month's survey.



One third of you reported 3 or more flats on a single ride. Ouch. That's a lot of bad luck, or more likely due to not properly checking your tire when changing that first flat. Almost half of you reported 2 or more flats last year. Of course, that number is greatly influenced by the number of miles you ride per year. But it is also influenced by where on the road you ride and how you maintain your tires. If you are an edge of the road hugger, you will get more flats, because that is where all the nasty sharp stuff ends up. Riding mostly in the area that the car's right tires run will reduce your likelihood of getting a flat. Keeping your tires up to proper pressure will reduce your likelihood of getting a pinch flat. Check the pressure before every ride or at least once per week. If you need to learn how to change a flat, register for one of the RBC flat tire clinics: <https://rbc.wildapricot.org/Clinics>.

Seems many of you have suffered more serious mechanical problems as well. There are temporary fixes you can do for all of these mechanical problems if you have the right tools and some ingenuity. There is not enough space in this article to go into the details of making these repairs. The thing to do is to learn how to do these fixes before you have the problem. If not, these can end your ride, and the only thing you can do is call for a ride home. So it's important to carry a cell phone.

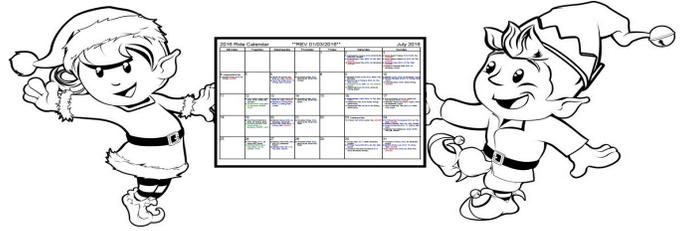
Problem	#
Broken chain	8
Broken cable	10
Broken spoke	14
Broken derailleur	11
2 or more	12
3 or more	9

Here is an assortment of the other problems you reported. Some reported having to call for a pick up or walk home or back to the car. Others reported being able to ride home after a temporary fix.

- "Taco'ed" or "potato chipped" wheels reported by 2 riders
- Broken seat clamp bolt or broken stem bolt
- Broken pedal
- Frozen crank
- Broken mountain bike frame

## Ride Chair Corner - Steve & Kathy Riegel

Finally ... we are riding! Man, that cold air really hung on through April. But Spring always comes, eventually! We've stored away the booties, fleece and heavy gloves. Hope we don't need 'em again until late October.



Lots going on in May! Lilac Festival, Rochester Bicycle Film Festival, Ride of Silence, Family Ride, and many, many RBC rides, including weeknights! Link the Honeoye towns by bike (May 14), ride through orchards of beautiful apple blossoms (May 15), glide down hidden Pardee Hollow (May 21), promenade to Pultneyville (May 28) or get "killed" by hills (May 29). May is the best time to re-awaken the joy of riding! So check the ride calendar for up-to-date info and opportunities to ride as a club.

Something to think about as you begin riding this year: What happens if I *\*really\** need help? Cycling definitely has risks. Most of us have the scars to prove this. It is often overlooked, but ID/contact (and special medical) info are *\*very\** important to have on your person (and on your bike), even on club rides. Face it, you may not be conscious (or even with someone) when that info is most needed. Laminate a card containing such info and carry it with you around your neck or similar. Put another copy in your seat bag. Better yet get a RoadID (or equivalent). Just do it, and *\*use\** it on *\*every\** ride! 'Nuff said.

Ride Leaders met in early April (on a cold & snowy night) to review their responsibilities, including handling larger groups. Ride starts can sometimes be tricky, not only because of numbers, but also location and traffic. As participants, riders need to be patient during startup and for the first mile or so. In some cases, the leader will group everyone to get them through initial busy traffic sections (often "taking the lane"). In others, the leader will try to release in smaller groups to prevent large clusters, which could impede reasonable traffic. Please listen carefully to your ride leader. They are not trying to spoil your fun. They are just trying to get you started safely. Slides from the meeting are available on the website [Ride Leaders](#) page. Glance at them ... there is useful info for riders as well as leaders.

Reminder: [RBC Meetup](#) is key to having better experiences on our rides. Detailed info about rides, including road conditions and detours, are often shared a day or two before the ride. You can also see who else is going and whether other riders of your speed and/or style are attending. Speak up if you don't see such folks ... chances are they too are hoping for the same! Once one person says something, others usually pile-on and voila, you have a great group to ride with! See RBC Meetup Q&A's on the next page for more info.

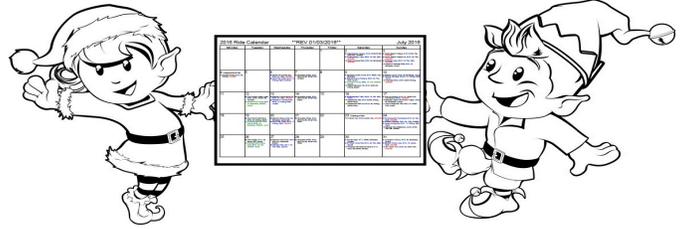
As always, greet any new faces you see and help them find folks to ride with. The leader will try to do this as well, but sometimes it gets busy. If you have the time and don't mind riding a different speed/style, consider riding with new folks. It made a world of difference to most of us, so pay it forward if you can.

We wish you all a safe and satisfying ride season! Time to dig out the sunblock!

*RBC Meetup Q&A's are found on the next page >>>*

# Ride Chair Corner - Steve & Kathy Riegel

## RBC Meetup Q&As



Q: What's this [RBC Meetup](#) thing? For heaven's sake, I'm married!

A: RBC Meetup is a great way to communicate about rides. All of the information is centered on rides as events. Think of it as the "bulletin board" for rides.

Q: I don't want to get too many emails.

A: You can limit how much you get - nothing, one a week, etc. If you don't want any emails, you can just look at the site to see if there is relevant information.

Q: Did I hear this can show me who is going to rides?

A: Yes, people can RSVP to rides. This is helpful to see who will be there. It only takes a few rides to get a sense of who is your speed and style.

Q: Yikes! RSVP? I don't know what I'm doing until I wake up in the morning!

A: That's OK, most of us don't know what ride we're doing until the night before or morning of. RSVP then.

Q: I'm just not into RSVPing for a bike ride.

A: You don't have to. But you may find that you really like the concept once you try it.

Q: I'm pretty private, not sure I want to have my face or name out there.

A: You can be pretty low key by using your first name and last initial, or just your initials.

Q: I'm still a bit timid about using Meetup.

A: You don't need to be a member of it at all if you just want to reference it to see communications about rides.

Q: How do I communicate on it?

A: Just click on the ride, and write a message. You can also private message others.

Q: Can I post pictures?

A: Yes! The beauty is that the pics stay with the ride, and multiple people can add them. The Meetup phone app makes uploading pics super easy.

Q: Do ride start times or locations ever change (ex: due to weather)?

A: No. RBC Meetup is relatively new. Some members continue to use our print calendar for ride times and locations. Because of this, we don't change that information.

Q: What else can I do?

A: Some creative leaders have spruced up their ride description, and attendees have written great (and usually funny) "reports" of rides.

*OK I get it! Meetup *can* help me get more out of RBC rides!*



One Ride. Four States.

July 30 - August 5, 2016

*"The Friendliest Ride in the East"*



- Rochester Bicycle Club discount for 6 or more riders joining together
- New family-friendly weekend option
- Ride 2, 4, 5, or 7 days – it's up to you!
- Explore the Berkshires and visit 4 states in one ride!
- Come see why we're the Friendliest Ride in the East!

All proceeds go to Massbike

Contact Bruce at 617-710-1832 or [bruce@cyclema.com](mailto:bruce@cyclema.com)

## 2016 Clinics Preview - Andy Stewart

This upcoming season will see a further expansion of our clinic offerings with at least 5 different topics totaling 9 or more dates.

The first clinic in 2016 will be "How to Prepare for the Season". This will be focused on the bike. We'll learn how to assess and discuss possible servicing in detail. Andy's hope is that the attendees' early rides will be trouble free and they will be able to better monitor and anticipate their bikes needs during the rest of the season. New club members might wish to attend. While attendees might bring their bikes this isn't meant to be a one on one service needs assessment but a more general guide.

The always well attended "Flat Tire Clinics" are scheduled for four dates. This is a hands on class in dealing with the most common problem bikes have. Attendees bring their bike or wheel (if they already know how to remove and reinstall the wheel) along with any tools, tubes, pumps they have. We'll instruct everyone through a trial tire/tube repair. If members wish to bring fresh tires or tubes they are welcome to. Questions about care, prevention and current trends will be covered. Expect to get dirty. We will be limiting each class to three attendees per each instructor. Prior registration through the web site is needed. This will be the only clinic to require this registration.

"All About Your Bike", will be repeated for two dates. Last year the common topics were centered on gearing and shifting. But we decide what will be discussed at the start of each clinic and might drift as the attendees wish. Suggestions prior to the clinic are also welcome as are anyone's offer to lead the discussion on their topic of expertise. As example, possible topics could be, but not limited to, commuting, group riding guidelines or the latest materials bike are made of. Andy has passed out his 10 best and 10 worst cycling inventions before and looks forward to attendees suggesting their own nominations.

"How to plan for a Tour". Andy has done many multi day tours, from credit card fast to self contained camping. We will cover some of the basic steps in deciding what type, how long, where to ride and whether to camp or motel. A sample list of equipment for each will be provided. Anyone hoping to ride a many day tour (or has already) is invited. Anyone who has experience in touring is welcome to share their knowledge also.

New for our clinics will be "Wheels Explained". After flats, wheel issues are the next problem area on bikes. While this clinic is still in the planning phase at this point Andy will likely build a wheel during the evening, explaining issues and factors involving the care, feeding and servicing of wheels as he goes along.

Returning to help with the Flat Tire Clinic are Andy, Whitey, Brad and new will be Karen Managan. The sharing of skills, information and advice is a very basic aspect of our club. Some might say one of the more important reasons to be a member. We are blessed with members who feel this way.

Andy welcomes/requests any questions or suggestions for topics or aspects wished to be covered for any of the clinics. The website will have a sign up function for each clinic although only the Flat Tire Clinic will limit the class size and requires prior signing up.

Please feel free to contact Andy at [onetenth@earthlink.net](mailto:onetenth@earthlink.net). Locations are the Christ the Good Shepherd Lutheran Church, 1000 N. Winton Rd. Clinics start at 7pm and last for about two hours. Dates are as follows, check the new calendar or contact Andy to confirm.

1. **5/24, 7/5- Flat Tire**
2. **7/21- All about Your Bike**
3. **5/19- How to Plan a Bike Tour**
4. **6/9- Wheels Explained**

# 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](mailto: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.



To contact Danny, click here: [dgresens@frontier.com](mailto:dgresens@frontier.com)

# Blasts From the Past - Editor

reprinted from the Nov 1984 RBC newsletter (vol16, #6)

## ACCESSORIES

You know, fenders are really neat.  
They keep the rain off both your seats.  
They keep the mud off your thighs,  
And the roadwater out of your eyes.  
The old bikes I used to ride  
Had fenders at least five fingers wide.  
I don't know why the bikes today  
Don't have a thing to stop the spray.

A kickstand is a handy device,  
Just flick it down and your bike stands real nice.  
Some people say that they're just a waste,  
That they show no class, just poor taste.  
But on the highway, everytime I stop,  
There's never a pole, my bike for to prop.  
So what usually happens; is I beg a friend:  
"Would you mind holding my bike yet again?"

A mirror is another very useful device.  
To go riding without one, I'd have to think twice.  
In a glance you can see your future or past,  
Without one, a wrong guess could be your last.  
A mirror hung on the bike will do,  
But a helmet hung one is still better for you.  
You can use that type on and off the seat,  
And on a long up-hill, that can be really neat.

A chainbreaker is a handy tool.  
If you don't have one, don't feel like a fool.  
Put when you're out riding, and your chain breaks apart,  
No matter how hard you pedal, that back wheel won't start.  
I have a friend who thought he was smart,  
He quit carrying his breaker when this season did start.  
He hadn't had to use it for two years on the road,  
You can guess what happened, you don't have to be told.

A tire pump, patch kit, and spare tube are nice,  
Don't leave home without them, is what I  
advise.

Tubular riders carry spares, glue, or tape,  
The problem of air loss they rarely escape.  
Don't depend on your buddies to carry these  
things,  
'Cause your buddies won't be there when the  
deflation phone rings  
for you who like walking, and there are a few  
still around,  
Just leave those items at home, and watch your  
tires go down.

The helmet is the most important of all!  
It's the one that can save you, if ever you fall.  
Would you ever go riding without your pants?  
Of course not! There isn't a chance!  
You'd be embarrassed. and things might get  
hurt,  
If they were covered with only a shirt.  
But for those who would ride with a bare head,  
T'would be smarter to leave their pants home,  
instead.

Don Oosterveen

## OFF TO A GOOD START

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

### STARTING AND STOPPING



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

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

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

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

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

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

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

# Blogs & Stuff

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

Click below for a blog of his thoughts from May 21st 2013 to July 9th, 2013.

**Sun, Sand, Snow and Sky**

<<< Click on this new link each month!

**NEW! Great Bicycling Videos for Viewing**

<<< "Click" on the Blue Title to View

"The Bike Lanes Are There For My Protection"

Link provided by Bob Cooper

"La falsa sensacion de seguridad del carrel bice"

Link provided by Bob Cooper

"Cycling on Comm Ave, Seriously"

Link provided by Bob Cooper

"Don't Be a Jerk - Stay Off the Sidewalk."

Link provided by Bob Cooper

**Do you have other You Tube Videos that you want Posted?**

## 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/](http://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](http://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).**

# Board Meeting Minutes - Dana Black



## Rochester Bicycling Club Board of Directors Regular Meeting: March 8, 2016

Present: Mark Robbins, Dave Natrop, Dana Black, Steve Riegel, Kathy Riegel, Andy Melnyk, Andy Stewart, Brad Jensen, Ann Carroll-Lee, Bob Lechner, Roger Weston, Richard DeSarra

The meeting was called to order at 7:03 pm by President Mark Robbins.

The minutes of the previous Board meeting on February 9, 2016 were approved.

### Committee Reports

#### **President's Report:**

Investment Account: Arranged future transfer of our current Investment Account with Morgan Stanley, which was charging a monthly account fee, to CNB/Cetera. Investments will remain the same at this time. The Board is required to formally approve this action.

Legal Counsel: Contacted Chris Kvam, RBC member and ADA with Monroe County to consider Legal Counsel position. His appointment is pending Board approval.

Club Maps: Prepared GPX files for several rides, proofing new maps/cues, etc. Andy M. has created several new maps and updated/improved several others.

Social Media Committee: As participant in Committee chaired by Brad, noted that Pam Rogers is providing guidance.

#### **Membership Report from Cindy via Email:**

New Members: 14

Membership: Current fiscal year 2017 paid members: 340

Renewed since 1/1/16: 293 (may include previously reported members for January)

#### **Treasurer Report from Dave via Email:**

##### Account Balances

Checking:	\$7,833	as of 3/06/2016
PayPal:	\$0	as of 2/06/2016
Investment:	\$14,350	as of 12/31/2015

##### Income:

Memberships: \$3,065

*Continued on the next page >>>*

# Board Meeting Minutes - Dana Black

CD Sales: \$70

Expenses:

PayPal: \$134

## Maps Report:

New map generation is closed for the 2016 season.

New submissions are welcomed but will not be available until the 2017 ride season. Work will continue on the database.

Specifically:

28 new maps were generated, consisting of 12 new routes and 16 replacements ranging from hand drawn maps to route/start modifications or eliminating visual clutter and clear marking of the roads. The quads database, used to generate the maps (it takes three to ten quads per map, depending on ride distance), is being updated. So far, 23 new quads were generated, consisting of tracing the roads, major water features and typing in road, town, points of interest names, road numbers, etc., as well as ride routes. Additionally, 53 quads were updated; routes added, missing info added and layers standardized to simplify map making. One of the purposes of the database is to keep track of ride routes to avoid duplication. Maps generated prior to 2006 did not do this, resulting in some map duplication, consisting of a nearly identical ride routes with minor road changes.

## Ride of Silence report from Andy S via Email:

Initial emails have been sent out to the RoS list. Over 140 addresses are now "captured".

Pam Rogers established a Facebook Event page in association with the club page. This will have more postings as the event draws nearer.

A new poster for the 2016 RoS has been detailed with our event's info, with help from Brian Managan, and now is printed. A smaller size was chosen due to the poster's proportions and the cost savings of a smaller size.

Many of the "day of" event details are established.

## Education (Clinics):

The clinics are listed on the calendar, web site and Meetup.

Attendance is presently open to non-club members, and will be monitored to insure there is room for club members that would like to attend. Registration is only allowed through the Club's website. A number of people have already signed up for the first few clinics through the web site's registration capacity. Brad, Whitey, Karen M and Steve L have offered their help with the Flat Tire clinics.

## Awards Committee Report from Whitey via Email:

Everything is in place for the Awards Banquet. Bob Lechner and Wayne S will host.

## Ride Chair Report from Steve and Kathy via Email:

All rides have leaders. Several members took on additional rides to help finalize the calendar.

PDF Calendar is "decked-out" and in place on website: 2016RideCalendar. Google Calendar is also in place (at bottom of Members Area -> Ride Calendars).

Meetup contains March and April rides so far. Remaining months will be loaded as we resolve start location details (latitudes/longitudes). Should have full schedule loaded by end of March.

Calendar spreadsheet was sent to Onno for club app. Onno says cross-posting to Meetup is \*not\* turned-on at this time and that he is currently working on it. Brad and Steve R will manually cross-post for a reasonable time period while Onno completes his work.

SWEEP and S&E brochures are done.

*Continued on the next page >>>*

# Board Meeting Minutes - Dana Black

"Your 2016 RBC rides" emails have been sent. In addition to listing a leader's rides, it also asks for corrections / updates to mailing address, so we can send packet of sign-in sheets and return envelopes. Ride leader packets will initially be available at the Awards Banquet.

Rides marked NM are potential new member rides. These rides need additional hosts & plans beyond the regular rides before they are marketed as such. The listed ride leader does not have any additional responsibilities for the event.

Reminder: Rides \*can\* be added to the calendar to fill "gaps", take advantage of good "shoulder-season" weather, or for unanticipated special situations. Just email [rbcrides@gmail.com](mailto:rbcrides@gmail.com) and we will put it on or let you know our reasons for not doing so.

Monday holidays (Memorial Day, July 4th and Labor Day) have scheduled rides and leaders. Traditionally, these rides do not attract many riders. If special alternative rides are desired (ex: picnic ride from someone's house), let us know and we will change/redirect to the new ride.

March newsletter article discusses Meetup ride communications, how you naturally discover others to ride with, and what "leading a ride" means.

Overall, calendar development and ride leader recruitment went smoothly. It is a pleasure to see so many members willing to participate with ease.

## **Old Business**

### **Election and Volunteer Dinners:**

The Board discussed switching the dates of the Election and Volunteer dinners this fall. Moving the Volunteer Dinner out a month makes it possible for those volunteers who lead rides in the fall to participate. Moving the Election Dinner up a month would mean moving the fiscal year up a month, and provides the new Board an earlier start to plan for the coming year. A motion was made to move the Election Dinner to mid or late October and the Volunteer Dinner to mid-November with final dates to be determined. The motion was approved.

### **Investment Account:**

The Board adopted a resolution to establish an investment account at Cetera which does not charge a monthly fee.

### **Social Media:**

Brad reported that Facebook postings have increased over the last year. The committee requested that Board members post on Facebook.

The committee discussed its top three goals of social media based on a survey of Board members:

1. Increase participation in club events
2. Build a sense of RBC community
3. Increase the number of riders on club rides

### **Club Attorney:**

Jim Reed emerged as another candidate (in addition to Chris Kvam) to serve as legal counsel for RBC. The Board discussion noted that Jim is a prominent cycling attorney and is currently President of NYBC. A motion was made to offer Jim Reed the opportunity to counsel for the club. The motion passed.

*Continued on the next page >>>*

# Board Meeting Minutes - Dana Black

## **Western New York Bike Fest:**

Bob L reported that alternate parking has been arranged for the WNYBF.

The following have made commitments to be at the festival:

- Seven (7) bike shops
- Two (2) demo rigs

A new website has been created: WNYBikeFest.com. There will be an article about the festival in the next newsletter. Bob L recommended that two (2) RBC maps are uploaded to the new website. A motion was made to provide two RBC maps. The motion was approved.

## **New Business**

### **NYBC Annual Donation:**

Richard DeSarra recommended that the club make a donation to the NYBC. The NYBC puts out booklets, is helping to pass the 3' rule for cars to pass bikes, legalize electric assist bikes, and push to allow bicycles on Amtrak. A motion was made to donate \$500 to NYBC. The motion passed.

### **Ride of Silence:**

Andy S handed several copies of the new Ride of Silence poster to Board members to distribute at bike shops.

### **Advocacy Report:**

This year Bike Week is May 13 – May 22.

### **Family Ride Update:**

There will be two (2) family rides this year. Details will be made available by next meeting.

### **Composition of S&E Rides:**

It was noted that many of the Slow and Easy Rides on the schedule may be too difficult for the targeted slow and easy rider. The Board decided to review S&E Rides for 2017 to assure all rides selected meet the S&E criteria.

### **Photos of Board Members:**

Board members were asked to post his/her picture on the website so members could identify them at rides. Brad indicated that he would post pictures that he may have until new ones are submitted.

### **Mission:**

There was discussion about forming a committee to work on RBC's mission. It was suggested that input from the Board and the social media committee would be helpful to review the current mission to see if it fits what the club currently does and to rank the elements that are currently in the constitution. Mark will convene a committee.

**Next Meeting:** The next Board meeting will be held at 7:00 pm on April 12, 2016

The meeting was adjourned at 8:40 pm.

Minutes submitted by Dana Black, Secretary

# “Scene Along the Way”



Photos are from the RBC pictures submitted by various club members

# Member 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."

## Your AD HERE!

Advertising is FREE  
for members.

Send your  
submissions to:

[rbcnewz@yhoo.com](mailto:rbcnewz@yhoo.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
Rear Cassete	Shimano Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great  
Condition,  
Pedals not  
included

Call:  
**585 202-9763**



### TREK 7200 WSD

16" Women's Hybrid, 8-speed.

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

Lists at \$540;

Asking \$350, incl. wireless computer

Call: (585) 752-8027.

View Specs at:

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



### 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](mailto: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**



## For Sale

Rans Tailwind Recumbent with homemade carrier.

Many accessories  
\$450.00.



## For Sale

*Time to thin the herd.*

### **Bicycle #1:**

80's-90's Schwinn 684, 53-54cm, aluminum, Shimano 105 derailleurs, down-tube shifters, triple.

Good condition. \$200

### **Bicycle #2:**

90's Univega hybrid, 50-ish cm. New 700x35 tires.

Good condition. \$100

### **Bicycle #3:**

90's Burley Piccolo trail-a-bike. 6-speed. Includes rack/hitch for towing bike.

Good condition. \$100

### **Bicycle #4:**

90's Burley Canto recumbent. 26 x 20 wheels. Convertible between short and longer wheelbase. Corbin leather seat.

Needs a bit of TLC. \$100.

Dave Larson, 402-8892 or  
[element6@frontier.com](mailto:element6@frontier.com)

## For Sale

Homemade short wheelbase recumbent and carrier.

Many accessories  
\$150.00

Call Larry Johnson 315-524-8244



# 2016 Board of Directors

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

## **Officers: (Voting)**

### **President**

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

### **Vice President**

Elaine Mizzoni  
755-6080  
[ebmizzi@aol.com](mailto:ebmizzi@aol.com)

### **Secretary**

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

### **Treasurer**

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

## **Directors: (Voting)**

### **Education**

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

### **Maps**

Andy Melnyk  
288-7476  
[amelnyk@me.com](mailto:amelnyk@me.com)

### **Membership**

Cindy Fleischer  
314-6745  
[RBCMmembership@gmail.com](mailto:RBCMmembership@gmail.com)

### **Newsletter Editor**

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

### **Publicity**

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

### **Rides**

Steve & Kathy Riegel  
7891741  
[rbcrides@gmail.com](mailto:rbcrides@gmail.com)

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

### **Immediate Past President**

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

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

Ann Carroll-Lee  
265-4188  
[alcarrol@frontiernet.net](mailto:alcarrol@frontiernet.net)

Alice Carver-Kubik  
362-5871  
[alice.carverkubik@gmail.com](mailto:alice.carverkubik@gmail.com)

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

Roger Weston  
261-8128  
[rwbike\\_n\\_ski@rochester.rr.com](mailto:rwbike_n_ski@rochester.rr.com)

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

### **Awards**

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

### **CD Publisher**

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

### **Impromptu Rides**

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

### **Road & Trail Advocacy**

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

### **Slow & Easy**

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

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

### **Social Rides**

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

### **Sweep Rides**

Chris Basak  
586-484-1822  
[basakc@aol.com](mailto:basakc@aol.com)

### **Web Site**

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

### **Bike Cases**

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

### **Winter Meeting**

Brian Managan  
654-9624  
[brian@bcmbike.net](mailto:brian@bcmbike.net)

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

### **Librarian**

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

### **LAB Touring**

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

### **Legal**

Jim Reed  
303 William Street  
Box 1338  
Elmira, New York 14902-1338  
(800) 943-3529  
[www.zifflaw.com](http://www.zifflaw.com)