

Flower City Cyclist

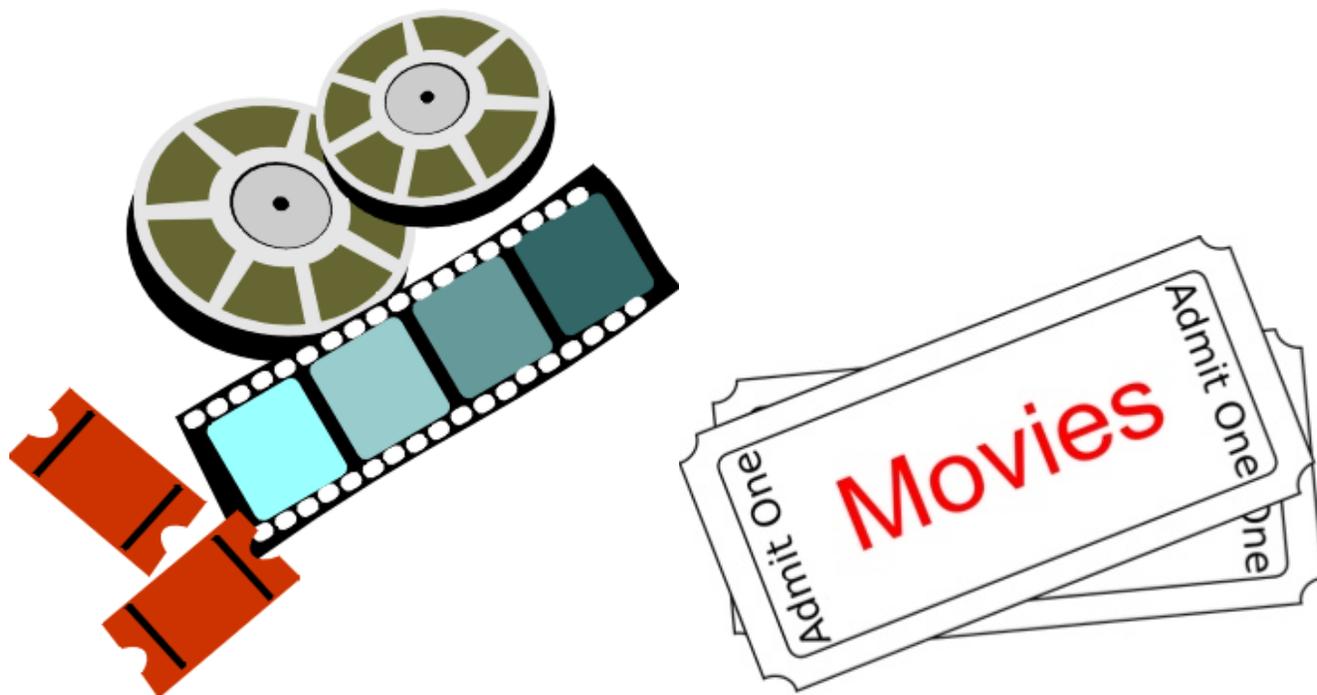
Newsletter of the Rochester Bicycling Club

Volume 50, Issue 1

Jan-Feb 2017



2017 Winter Media Show Meeting



Friday, January 27th, 2017; 6:30 pm- 9:00 pm

Monroe Community College

Building 5, Room 100 (Lecture Hall)

Light Refreshments provided

Very Interesting New Blogs on Page 18 in this issue!

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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.

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

Upcoming Events Summary

Board Meeting

9 Jan 2017; 7: 00 pm

Legacy Senior Community

40 Willow Pond Way

Just South of Rt 441

Penfield

Map is: [HERE](#)

Winter Media Show

Friday, 27 January 2017

6:30 pm-9:00 pm

Monroe Community College

East Henrietta Road, Lot A

Building 5, Room 100 (Lecture Hall)

Brighton, NY

Awards Banquet and Ride

11 March 2017

2:00 pm Ride

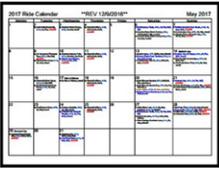
5:00 pm Pot Luck Dinner

Dolomite Lodge

Atlantic Avenue & Jackson Road

Pittsford, NY

Ride Chair Corner - Steve Riegel



Looks like we're down to one calendar elf this year. Mrs. Elf says her job of training Mr. Elf is done, and that he should be able to handle things pretty well on his own now. He is a bit nervous, but if she says he is ready, he'll do OK!

I was looking through cycling pics from last season ... check them out under [Photos](#) on [RBC Meetup](#). Wow! What great weather and super riding we had! And it was *endless*, with short-sleeve riding well into November!

And *key* motivators for such fun are our ride leaders! Having someone committed to being at rides gets the rest of us "over the hump" of going out. Actually, they are more like party-starters, since we end up enjoying the rides so much!

Be a ride leader!

Being a ride leader for RBC is pretty simple. You don't literally "lead" the actual ride on the road ... we have too wide a variety of riders to do that. Instead, the main goals are to: 1) sign folks in (waiver), 2) highlight any issues/options with the route, and 3) remind folks of relevant NYS laws and safety concerns. S&E ride leaders have a bit more to do, namely: 1) ride at the back with the slowest rider, and 2) assist with minor breakdowns (flats).

Some folks shy away from being a ride leader because they don't feel they can commit 6 to 9 months ahead. Truth is, none of us really can. Instead, we are committing to making sure *someone* is there ... not necessarily ourselves. Finding someone else is usually easy as your ride approaches, since you probably know others who will be going.

Ride leader sign-ups are going on now. If you'd like to help (you get a free dinner!), let me know at rbcrides@gmail.com and I'll link you to the draft 2017 calendar for signups. There will also be a meeting for ride leaders early in the season (usually beginning of April) to review/refresh details and discuss additional aspects.

Dynamic Calendar

[Meetup](#) helped us a lot to communicate about rides and connect with each other this past year. Going forward, Meetup *finally* enables us to have a dynamic ride calendar ... something we've been wanting for a long time! Now we can adapt *during* the season for weather and new events (RBC or others). We want to take full advantage of this in 2017. That means Meetup truly becomes our primary calendar. Any ride changes (time/location) will be posted

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Ride Chair Corner - Steve Riegel

there, overriding all printed or fixed info (ex: PDF/fridge calendar, S&E brochure, Google calendar, etc.). Printable info will contain prominent reminders to check Meetup for updates. Don't miss that ride which was moved up to *avoid* the rain!!

If you choose to establish a Meetup account, you can get automatic updates when there are changes to rides & events. This is a *great* modernization for RBC, providing the flexibility and convenience of today's mobile information environment. Having a Meetup account will also enable you to schedule new rides for everyone during the season!

Try some different rides

In addition to the many local rides on our calendar, we have *spectacular* all-day rides in the Finger Lakes and beyond. You won't believe how beautiful and satisfying they are until you've tried them! Gliding past the vineyards high above Keuka, descending forever through Pardee Hollow and Eel Pot (yes, that's a road name!) to Naples, stopping at the Bristol overlook to see all of Canandaigua Lake before you, riding past the windmills to watch the steam train depart from Arcade, flying down Big Oak to Otisco Lake, rolling through the gorgeous apple blossoms to Wolcott ... the unforgettable scenes go on and on!

These rides are *not* beyond the abilities of most of you. You just need some friends to experience them with! Use the early parts of the season to discover your riding pals, then when one of these "big" rides has great weather, get together and do it! You'll find yet others via the buzz on Meetup for the ride. Veterans at the start will have additional hints and tips that will make the day even better. Celebrate your accomplishment and delight with a meal (or snack/ice cream) together afterwards. You'll sleep better than ever that night! And you'll smile at work whenever the vivid scenes cross your mind!

All-Club Rides

Last year, the rides where we highlighted moderate cuts of long rides were a hit. Some of these were also used as New Member rides, and included multiple leaders and tailgate snacks & socialization. Weather affected these rides for better and worse. This year, we'd like to maximize the chances of having fair-weather fun for these events by choosing and announcing them a few days in advance via Meetup when good weather is certain. These rides attracted both new and existing members, so we've decided to call them "All-Club" rides in 2017. There will be about six such rides. Keep you eyes on the weather and [Meetup](#) so you don't miss them!!

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Ride Chair Corner - Steve Riegel

Surprisingly, the 2017 riding season will begin soon! Get your bikes to your favorite shop for maintenance (and maybe some lower gears!). The kick-off ride and dinner is Saturday March 11.

That's only a couple months away! If you can't wait, we can probably hook you up with these guys:



Just Another Day On The Fat Tires!

Membership Chair - Kathy Riegel

Tidbits About RBC Members and Good News About Cycling as We Age

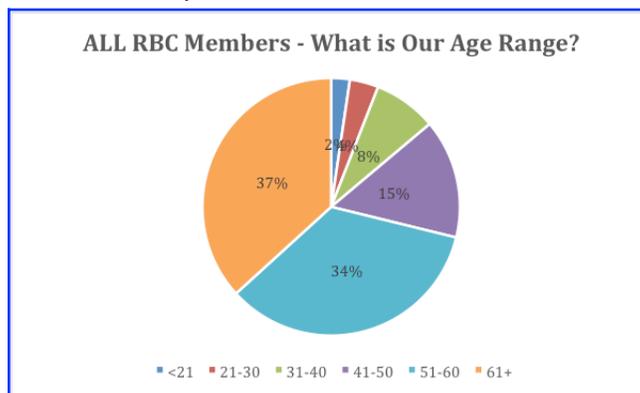
There are 661 members in Rochester Bicycling Club. The youngest is 14 and the oldest is 88! There is a wide age range, but most RBC members are age 50 or older. This is not surprising as cycling in a club takes time, and many get into such activities when the kids are grown and other demands of life have lessened. As a low-impact aerobic activity, some get into cycling when other activities become tough on the joints, and those who started at a younger age tend to stay in it for that reason.

The good news is that for those of us who are into cycling and getting older – there are tremendous health benefits, and the aging process is slowed down!

Researchers in England looked at men and women age 55 to 79 who were avid bicyclists and compared them physiologically to more sedentary older people and to young active people. Admittedly, these were very fit older people (men had to be able to ride 62 miles in six and a half hours and women ride 37 miles in five and a half hours). The participants were run through physiologic and cognitive tests including endurance, strength, muscle mass, pedaling power, memory functions, balance and metabolic health.

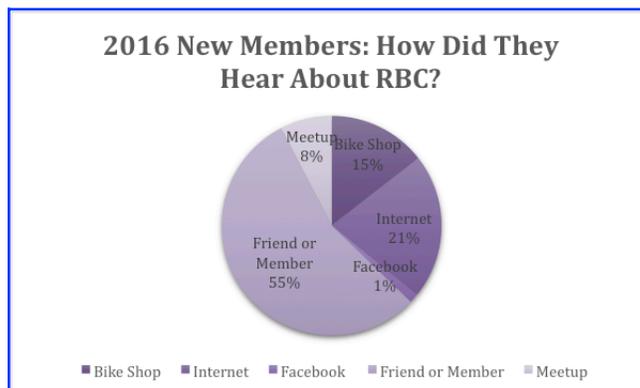
As it turned out, the cyclists did not show their age. On almost all measures, their physical functioning remained stable across the decades and was much closer to that of young adults than of people their age. As a group, even the oldest cyclists had younger people's levels of balance, reflexes, metabolic health and memory ability.

This may be the greatest benefit of being in the club! In a club, many cyclists are more likely to challenge themselves and get into longer and more frequent rides.



Our newest member joined in the past month. Our member with the most longevity joined 45 years ago! There are over forty members who have been in the club at least 20 years.

In 2016, 169 new faces joined the club. Most of them (55%) heard about RBC through a friend or member, 30% through electronic means (internet, Meetup, FB), and 15% through a bike shop.

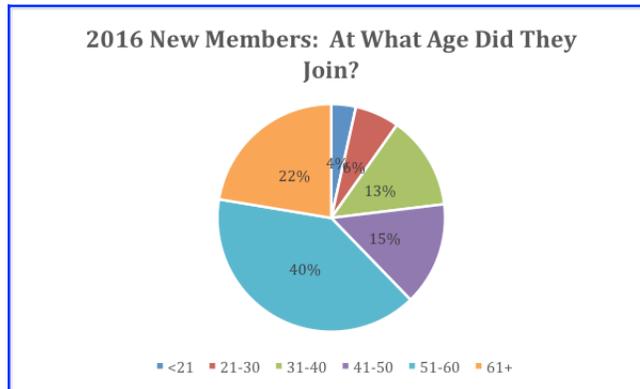


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Membership Chair - Kathy Riegel

If you enjoy riding with RBC, tell your friends. YOU are our greatest advertisement!

Like our overall membership, most of our new members are over 50. Hey 50 is the new 40 (or is it the new 30?) There's plenty of evidence that cycling keeps us young!



Welcome To Our New Members Through January 1, 2017

Martin Reinhardt	Helen Santelli
Ken Vorndran	James Santelli
Daniel Harris	Katie Santelli
Kevin Buja	Josh Santelli
Theresa Parisi	Lisa Bongard
Pete Ragonese	Carol Murphy

Awards Banquet Request

Humorous and Fun Awards for the 2016 Riding Season

At our annual Awards Banquet we always have some humorous and fun awards to hand out to various riders. During the riding year many of us witness various funny and humorous situations that are created by our members. If you see a situation that you believe merits the attention of our Awards Committee, please send an email with pictures if they are available to *Brad Jensen* at:

bkjensen99@yahoo.com

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

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 the bike cases and the rental agreement can be found on the website:

<https://rbc.wildapricot.org/MoreRBC>.

To rent the cases contact Beth Johnson email:

dr.j.4992@gmail.com



Karen Managan

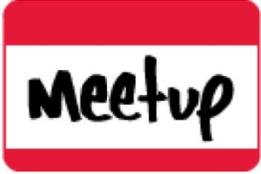
I Know They're In Here Somewhere!



anonymous

More "Fat-Tire Enthusiasm"





RBC Rides are Now on Meetup.com! *Are You?*

Through Meetup, 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 and the ability to post and view photos. We hope this communication tool further encourages folks to connect and come to rides and other events.

A reminder to Ride Leaders and Participants: With Meetup it is likely that you will see more folks on our rides who are new. Help make someone's initial experience more comfortable and rewarding 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 new riders throughout the ride, as appropriate. To join RBC Meetup, go to: www.meetup.com/Rochester-Bicycling-Club-Rochester-NY/

2016 Final Ride Stats Report

Brad Jensen

For all of 2016 there were 345 reported rides, and 36 scheduled rides with no riders or no ride log returned. A total of 4,339 riders (+24% over 2015), consisting of 518 individuals (+12%), accumulated 137,718 total miles (+18%). Participating riders averaged 8.4 rides and 266 miles. Each non-rain-out averaged 12.6 riders (+20%). We had 69 rides with 20 or more riders, by far the most since I've been keeping the statistics and maybe an all-time high. Sixty-seven people did 20 or more rides and twenty people did 40 or more rides. Eighty-five people rode over 500 miles, forty people rode over 1000 club miles and seven people reached the 2000 or more milestone.

There were 100 Impromptu rides with 157 individuals who rode a total of 23,145 miles or 17% of the total miles. There were 26 Sweep rides with 166 individuals who rode a total of 9,886 miles or 7.2% of the total. There were 55 S&E rides with 238 individuals who rode a total of 16,612 miles or 12.1% of the total. Participation in all three categories was up significantly over last year.

Seventy-three people have ridden with the club in each of the past 10 years. From the 457 people who did at least 1 ride last year, 214 did not ride this year. Many of the 214 were members who dropped out this year, but it also includes visitors and other non-members. There were 245 new riders this year who didn't ride last year. Some of the 245 are new members, but many are non-members. Riders with illegible names on the log sheets accounted for another 47 individuals and 1,385 miles. Most all of these were non-members.

Overall, 2016 was a great year. The final individual ride stats and year-to-year club stats can be found at <https://rbc.wildapricot.org/stats>.



OCTOBER 24, 2016

Policy Priorities from Bicycle and Pedestrian Professionals

The League did two surveys.

One was of League members and advocates. Over 4000 advocates representing all 50 states responded to this survey.

The second survey was done in conjunction with the Association of Pedestrian and Bicycle Professionals (APBP). This survey went out to APBP members, including planners, engineers and professional advocates, as well as to Executive Directors and Policy Directors at League organization members. 195 people from 38 states responded. This second survey included detailed questions about specific funding sources and policies.

Read more about the lessons learned from the surveys on the League blog >>> [HERE](#)

Not a member of the League? [Join today!](#)

Your support keeps us rolling forward as we build a Bicycle Friendly America. Plus, we're offering all new membership gifts, including print subscriptions to *Bicycling* and *Bicycle Times* magazines!

For a limited time, we are offering [#BikeVote](#) socks from SockGuy as a thank you for joining the League.

Winter Bicycling: How To Enjoy It

When winter arrives, you might think that bicycling season is over. But with a little knowledge and practice, winter riding can be highly rewarding.

I started to bike my drive years ago and today wouldn't give it up for the world. Here are my tips to help you share the experience.



Why Ride in Winter?

At first, it might seem to be a daunting activity—bundling yourself up to ride through winter snow, ice, rain or even just cooler temperatures. But give it a chance. I've been a successful 4-season rider for many years now, and I live in Minneapolis. I have never regretted trading my commute by car for a commute by bicycle.

The rewards are many. I never get stuck in traffic. I never have to wait for a tow truck to get a jump-start or change my oil or pay for gas. The peace and solitude of an early morning ride through a light January snow is something that I would never give up.

Regardless of the weather, you benefit greatly by riding a bike more. The exercise alone is an almost unimaginable reward. Instead of sedentary transport by car, the very act of going from place to place by bike gets your heart pumping, blood flowing and the calories burning.

Getting Started

Winter cycling is not an all-or-nothing proposition. You can start slowly and build confidence along the way. Some tips:

- Use public transportation in your town and combine it with a bike ride.
- Drive halfway to work, park and then ride your bike the rest of the way.
- Bike every other day or every third day.

There are 3 main areas to consider when you ride year-round. These are fundamental regardless of where you live, although some become more important in colder, snowier climates.

- You, the rider, need clothing and fuel to keep you warm and give you energy.
- Your bicycle should be properly outfitted and maintained.
- You need to be aware of the skills and obstacles involved. Winter riding calls for slightly different skills than do the warmer months.

Winter Cycling Clothing

The most important aspect of cold-weather riding is your clothing. It's also the area where most first-timers make mistakes. The key rule is to not overdress. Since it is cold outside and there is no engine block kicking out heat, you tend to assume you need a ton of clothes. Wrong. Your body produces plenty of heat and sweat when riding, so you can actually become too hot and sweaty. This can lead to hypothermia and dehydration. When stopped for things such as traffic lights, all that extra heat gets dissipated by cold breezes and can leave you wet and shivering.

Tip: Wear just enough clothes to be slightly cold when you start pedaling. The first few minutes may be chilly, but your body produces a vast amount of heat when riding a bike so you'll warm up quickly.

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This particular article was suggested for reproduction in the RBC Newsletter by Harvey Botzman.

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Winter Bicycling: How To Enjoy It

Base Layer

The goal of a base layer is to keep you dry. Merino wool or any synthetic wicking fiber (such as polyester or nylon/spandex) works well. Cotton soaks up sweat and holds it next to your skin, so avoid that.

Here in Minnesota, I often wear a medium-weight Capilene polyester bottom (with rain/wind pants over them) and a long-sleeve wool jersey top. In my bag, I always carry a lightweight fleece pullover as a just-in-case layer for those days when the wind blows strong from the north. Anything more than this is overkill.

Outerwear

Cycling outerwear generally features a longer cut in the back and the sleeves as well as enhanced venting ability.

- For cold, dry conditions: I have found that a soft-shell jacket makes the best outer layer. A soft shell keeps you warm and dry while allowing a little wind to penetrate—this helps to counter the heat your body produces. In milder conditions, you can get away with just a vest as an outer layer.
- For cool, wet conditions: Riders in rainy areas such as the Pacific Northwest require a good waterproof or water-resistant shell. Look for ample breathability and a longer cut in the back and arms so it won't ride up on you while cycling. Generous vents in the front and along the chest work best, but underarm zips work well, too. Most cycling rain shells come with 2-way zippers, which is a godsend on a bike. They allow you to zip open the jacket from the bottom while covering your arms and upper torso. This is a tremendous way to shed heat.



Head Coverage

Your head (along with your hands and feet) is prone to getting chilled and losing large amounts of body heat. It is also near impossible to warm up again just with physical activity.

A wool stocking cap (or helmet liner) worn under your helmet is sufficient for most days, with a balaclava or a scarf carried just in case. Just make sure the cap you wear is thin enough to fit under your helmet.

In rainy conditions, a cap with a visor helps to keep your forehead warm and water off your glasses.

Gloves

For milder areas where rain is a factor, wear waterproof gloves. Best are cycling gloves with grippy palms and fingers, since handlebars can get slippery when wet.

Many companies make gloves suitable for cold-weather riding—don't get too hung up on the intended activity of the product. For instance, snowboarding gloves will keep you warm even if you are not snowboarding, but you must make sure you can still safely operate the shift and brake levers.



Tip: I've always had success with cross-country ski gloves that have the lobster claw design. Not quite a glove, not quite a mitten, they have 2 fingers and a thumb so that you have 2 fingers inside of each finger of the glove. You gain the warming properties of mittens by having your fingers together but still have some dexterity since they are not true mittens.

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Winter Bicycling: How To Enjoy It

Footwear

The key to warm feet is to get some extra insulation into your footwear. Clipless bike shoes tend to fit small so all of your power can be transferred to the pedal stroke, but that limits the thickness of socks you can wear. I wear an oversized pair of shoes that I can use with a thick, warm sock. I then slide on a pair of waterproof/windproof booties over those. A good rule of thumb is to go a half size bigger with your shoes.

If you don't use clipless shoes and pedals, you can wear lightweight, waterproof hiking boots that accommodate thick socks.

Again, avoid cotton. Cotton socks just can't keep you warm when it gets wet, and you will get wet when riding in cold months (think road slush, rain, freezing rain or just the sweat produced from riding).

Winter Cycling Gear

Winter riding presents a few extra gear challenges that summer rides do not, particularly if you live in snowier climates such as Minnesota.

Bicycle

Winter is tough on a bike's exposed drivetrain. There is just too much sand, salt and debris on the road to keep your chain and derailleur free and working. Gears tend to get mucked up after only a week or so in my (admittedly harsh) area.



They can also accumulate slush as you ride, and when the temps drop to well below freezing that slush can start to freeze up when you are stopped at a light. Once that happens there is little to do but find a warm spot to let them defrost.

Even in areas where the temperatures don't get below freezing, the winter months tend to bring on rain. Rain washes dirt and grime onto the road where your wheels will throw it into your bike's drivetrain.

Fortunately, you have a couple of good bike options to keep riding.

- For me, I believe that simpler is better (and in winter, this school of thought almost becomes a law). My choice has been to ride a single-speed track bike for years through the dark and snowy months. While it works well for me, I do sometimes wish I had more gears.
- An exciting, more recent alternative are bikes with internal geared hubs, which are made by a number of companies. These offer the ease of a geared bike but have their moving and shifting parts contained inside the hub, protecting them from the elements. This is a great choice for winter and can save you lots of money that would otherwise get spent on new parts every spring.

If you do choose to ride your multi-speed bike throughout the winter, you should plan to frequently wash and lubricate your drivetrain. Generally, a few minutes each weekend should take care of it.



Avoid riding suspension bikes in really cold temperatures. As the mercury drops, the oils inside the suspension become less fluid-like and more like, well, glue. Front suspensions can start to feel heavy and slow. Rear suspensions won't snap back as fast and, since they tend to be exposed, they also start to accumulate sand and debris. Again, simpler tends to be better, so I avoid suspension systems altogether.

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Winter Bicycling: How To Enjoy It

Bike Tires

Winter means slush or rain in many areas of the country, so be sure your tires offer a good grip on wet surfaces—that's the most important thing. It's also a good idea to run them at a lower pressure than you would in the summer. Just like with a car tire, reduced pressure makes a bike tire squish out a little bit and gain better traction. In the summer, I run my road tires at around 120 psi, but in the winter I drop it down to between 90 and 100 psi.

For snowy roads, some people like mountain bike tires—big, fat, knobby ones—to gain more traction and float over the slush, snow, sand and grit below. This is an option, but it actually can make riding harder because you gain more friction from the increased surface area of a wider tire.

I've found that skinny tires, such as those in the 700x28 range, sink through the loose top layers of snow and slush to provide a better grip on the pavement below. This concentrates your weight over a smaller area and pushes the tire down to the pavement.

For really nasty conditions, you can find a few companies out there who make studded tires for both road and mountain bikes. These offer little metal projections protruding from the tire every inch or so. They are basically a built-in traction device for riding through snow and over ice. They work well—much like studded tires do on a car.

Bike Lighting

Daylight is fleeting in the winter. Assume that you will always be riding in darkness and have bright lights for both the front and back of the bike. I use 3 LED lights—a white one in the front and 2 in the back—plus I put one on the tail of my bike and another on the bag I carry. While I don't use them all the time—even Minnesota isn't dark and cloudy every day in the winter—I do use them much more than I do during the summer.



Look for the brightest bike lights you can find, preferably those that cast a wide viewing angle. Rechargeable lighting systems work the best but are pricey. The less-expensive clip-on variety work well, too. Just keep the batteries fresh so they are at their brightest, and get the lights with the widest viewing angles and beams you can find.

Tip: Visibility is important for safety. It sounds like a basic idea but, on a snowy January afternoon, you might not realize how much you can fade into the whitewashed landscape. In general, I find that cars are much more respectful of keeping their distance in the winter months, but do all you can to help them see you even if it's not dark yet.

Fenders

Tires are guaranteed to throw slush, snow or rain up at you. Even if you're covered in Gore-Tex garments, the cold liquid will get heavy and start to pull heat away from your body. Fenders don't have to be extravagant, just basic enough to keep spray from hitting you. Front fenders should reach a couple of inches in front of and behind your fork. Rear fenders should either be full length or, if a clip-on variety is used, have the ability to angle up to compensate for less length.

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Winter Bicycling: How To Enjoy It

Bags and Panniers

If your bike commute is farther than a couple of miles, you're probably going to need to carry work clothes. There are 3 options for this: backpacks, messenger bags or panniers.

For winter riding, I like to use a waterproof backpack. It offers a slim profile and a stable 2-strap configuration. A messenger bag has a single strap and, if not loaded carefully, can shift around and throw off your balance. This can be a nightmare when the ground is wet or snowy. Panniers are good but they do make your bike a little wider. This can be a concern when riding in winter because it's best to stay farther out from the curb than you would in the summer—which means that you are closer to cars than normal.

Hydration and Food

It's easy to forget to hydrate yourself in the winter months. While the cooler temps may not make you feel like you're dehydrating, the reality is that biking is an aerobic activity and the outside temperature has little effect on the amount of water your body loses. Keep in mind that your winter clothing traps more heat, thereby increasing your body temperature and causing you to sweat more. Also, the atmosphere tends to be drier in winter, pulling more moisture out of your body with every breath. In summer, if you start to feel thirsty you haven't drank enough water. In winter, you can reach dehydration long before you start to feel thirsty. Drink up.

Food is another key to your winter cycling comfort. Without sufficient food intake, your body doesn't have the right kind of fuel to produce heat or energy. In warmer climates, lack of food causes you to tire easily and lose power, but in cold conditions it can make staying warm next to impossible. Eat a meal or have an energy snack before you head out.

Winter Riding Skills

Now that you're properly outfitted, fueled up and have your bike lights happily blinking away, what's next? Let's talk about winter biking skills and obstacles.

Lane Position

In winter, one of the most dangerous places to ride is right up next to the curb. Here's why and how to avoid it.

- In snowy climates, the immediate curb area is where snow accumulates, gets plowed over, melts, freezes and generally becomes an uneven mess of ridges, road debris and ice. Seek out the pavement or just far enough away from the curb to stay off of this dangerous mix.
- Cars tend to give you a wider berth in winter, so don't fear taking up a lane. Safety is more important than convenience. If you can't take the lane for any reason, then find the most untracked snow you can and take it a little slower.
- In wet or cool conditions, the immediate curb area is where broken glass, bits of rusted metal from cars and general road debris build up as the rain washes it to the shoulder.

As with your spring-through-fall rides, you should always ride predictably. Limit any sudden or erratic movements and use hand signals when turning or changing lanes.

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Winter Bicycling: How To Enjoy It

Body Position

Stay relaxed. With locked knees and elbows, you might find that a little ice ball or parts of a busted muffler can be enough to send you toppling to the ground. Instead, stay loose and use your legs to absorb any motion created by running over ice ridges, road debris or similar dangerous areas. Be alert and ready to swerve around broken glass or other tire-destroying monsters.

Snow and Ice Considerations

Watch out for areas with melted snow. Snow often melts in the sunlight but refreezes in lower temps or as the sun sets. These are likely places to find black ice, which, as with auto driving, is probably the single most dangerous aspect of riding a bike in below-freezing conditions. Don't freak out. Just ride slowly and steadily through it; if your tires slip, go with it. The good news is that your bike is likely going slowly and you have a few extra clothes to help pad a fall. I have fallen several times due to black ice but by being aware of these areas and riding slowly, I have never done more than bruise my ego.

Cool and Dry Conditions

In milder areas, you have less to worry about in the way of ice or road debris. But the same riding techniques apply: ride loosely and proactively, watching out for anything dangerous to your wheels and body. Ride as close to the curb as is safe, which due to road debris is not necessarily as close as is possible. Always pay attention and know what is around you at all times. Make yourself visible with lights and reflectors.

Post-ride Maintenance Tips

With all the muck on the road, any bike will soon start to squeak, click and clatter. The more moving or exposed parts, the more places that sand, salt and dirt can gather and affect performance. By minimizing rust and dirt accumulation, you'll keep everything much happier and smoother. To do so, get in the habit of cleaning your chain and drivetrain after almost every ride. A chain cleaner, rag and an old toothbrush are all you need. Just clean it up and regrease it with a chain lube designed for wet/dirty climates. Wipe down your brakes after snowy or dirty rides and make sure the contact surfaces with the wheels are clean.



Contributors: Pat Weiler, REI retail coordinator; Dan Wynn, REI cycling merchandise.

Editor: No endorsement of this company as a bicycling equipment provider is given nor intended by the Rochester Bicycling Club or any of its Officers or Coordinators.

reprint of a 2008 Newspaper Article

Safer trail crossing for Pittsford

Major improvements made at Lock 32 Park



Work is almost complete on the ramp that will reroute the Canalway Trail in Pittsford under heavily-travelled Clover Street.

Lock 32 Canal Park and the adjoining Erie Canalway Trail in the Monroe County Town of Pittsford are currently receiving important improvements. Because of a number of safety concerns, the popular park and trail crossing at Clover Street were considered for environmental enhancements as part of the New York State Department of Transportation's larger Jefferson Road/Clover Street Intersection Improvement project.

The entrance to the Canal Park was relocated and a new parking lot built at the western end of the park to separate vehicles from pedestrians and cyclists making for a safer environment for all. Views were also opened up to the historic turning pond (canal wide waters area) adjacent to the trail and parking lot.

Although there was no accident history associated with the trail's at-grade crossing of Clover Street, the road's four lanes of high speed motor vehicle traffic were judged to present a safety concern for all types of pedestrians, non-avid riders, children, and other wheel mobile persons (wheelchairs, strollers, in-line skaters, etc.). A long gradual ramp, compliant with the Americans with the Disabilities Act Accessibility Guidelines, was built to take the trail under the canal bridge over Clover Street and eliminate the at-grade trail alignment. The project is scheduled to be completed in the Fall of 2009 with minor work, including landscaping, completed in the Spring of 2010, when a ribbon cutting ceremony will be held. 

If you are interested in participating in the Canalway Trails Association New York in any way, please fill out the coupon below and send it to the address indicated. You can also email your information to canaltrail@ptny.org.

Yes, I would like to learn more! Fill in and return this portion to the Canalway Trails Association at the address below:

Please put me on your mailing list to receive newsletters and other information.

Please put me in touch with others working to support the Canalway Trail in my area.

Name (legibly, please!) _____

Address _____

Town/state/zip _____

Telephone _____ E-mail _____



CANALWAY TRAILS ASSOCIATION NEW YORK
C/O PARKS & TRAILS NEW YORK
29 ELK STREET
ALBANY, NY 12207 (518) 434-1583
www.ptny.org

RIDING THROUGH INTERSECTIONS - Part 1

Intersections are where all of your traffic-riding skills come together. If you ride smoothly through the intersections, you can handle almost any riding environment.

At intersections, move to the correct lane position depending on which way you'll be going. Often, you'll need to move away from your normal position near the right side of the road. If you're turning right, keep to the right. But if you're turning left, move to the center of the road. If you're going straight, go between the right- and left-turning traffic.

RIGHT TURNS

Right turns are easiest. Just stay in the right lane, look around for traffic and go around the corner. To avoid being squeezed against the curb, ride in the middle of the right lane if it's narrow, just as you would on a straightaway. Remember that the rear end of a car cuts the corner as it makes a right turn.

At a stop sign or legal right turn on red, yield to traffic coming from the left on the cross street. You're always required to yield to pedestrians in crosswalks. Bicyclists follow the same set of rules as motorists do.

A right-turn signal is a useful courtesy to drivers who would have to wait for you if you were going straight. Pointing with your right arm is the most effective right-turn signal.

CHANGING YOUR LANE POSITION

To prepare for most intersection maneuvers, you need to change your lane position. Even between intersections or when making a right turn, as just described, you may have to move farther toward the left side of the right lane. So far, we've gotten by with a quick description of how to look back and check for traffic.

But when making a left turn, you often have to move across more than one lane. It's time to go into more detail. **Before you change your lane position, you must always look back for traffic.** Your sense of balance is in your head, so you need some practice to turn your head without swerving.

Some bicyclists change lane position without looking back, because they're afraid of swerving. Don't trust your ears! Many cars are very quiet, and a bicycle behind you is even quieter.

Practice looking back in an empty parking lot. Ride along a straight, painted line. Turn your head to glance back, and then look forward again to see whether you're still riding straight. To keep from swerving, think about the position of your arms. If you don't turn the handlebars, you won't swerve.

Turn your head to look even if you have a rear-view mirror. A mirror can help you to keep track of the traffic directly behind you, but no mirror will show cars or bicyclists at your side.

The best way to look back depends on your riding position. If you're sitting upright, swivel your neck and your back. If you're in a low crouch, duck your head sideways. Some bicyclists even duck their heads underneath their arms.

Continued on the next page >>>

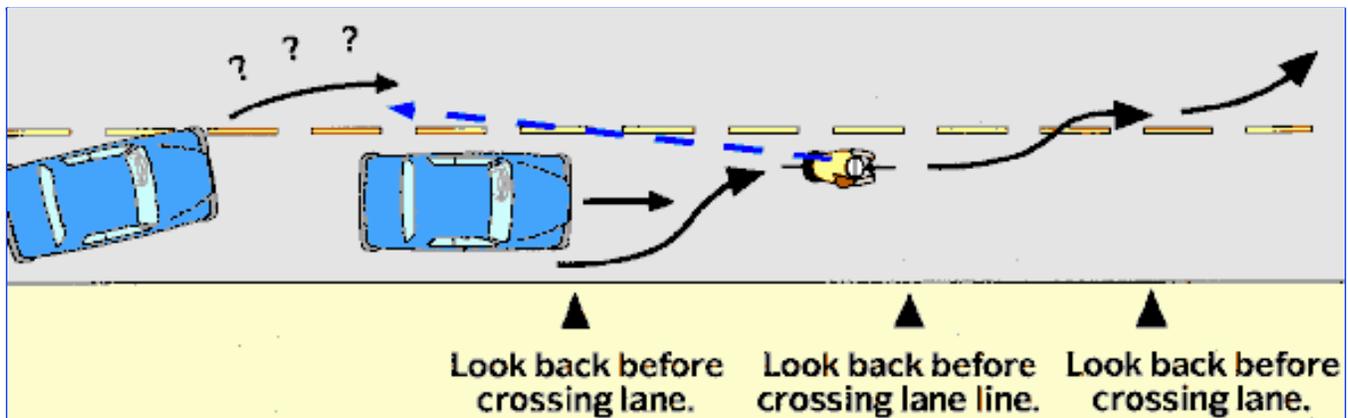
GETTING A DRIVER'S COOPERATION

So now you've looked back. What next? If there's a car close behind you, let that car go by, and deal with the next car.

Usually, the next driver will have time to react to your signals. If you make your intentions clear, the driver will almost always let you into line.

Extend your left arm to signal that you want to move to the left. Wait a couple of seconds, then look back again to check that the driver has slowed down or moved aside to make room.

Turning your head to look back is a signal, too. In slow, crowded traffic, you need to keep your hands on the handlebars, ready to brake. You can usually move into line with the cars while signaling only with a turn of the head. Whatever signal you use, always make sure that the driver behind you has noticed your signal and made room for you.



Cross a lane in two steps; one to cross the lane line and the next to cross to the other side of the lane.

Do not change your lane position until you're sure that the driver has made room for you. Most drivers will, but there's no guarantee. Your signal doesn't make it safe to change lane position. Only the driver's response to your signal makes you safe.

If you begin your lane change early enough to deal with two drivers, you'll almost always succeed; if the first driver doesn't make room for you, the second one almost certainly will. So anticipate turns and plan for them in time.

In high-speed highway traffic, drivers may not have time to react to you. Then you need to wait for a gap in the traffic and move across all of the lanes at once.

Next Newsletter: RIDING THROUGH INTERSECTIONS - Part 2

Blogs & Stuff

Brian Managan - <http://bcmbike.net/> *A Personal Main Blog*

Click below to go to a new story for you to follow, that includes Todd Calvin and Dave Larsen

Sun, Sand, Snow and Sky

Do you have other You Tube Videos that you want Posted?
Email them to rbcnewz@yahoo.com

NEW Sites & Blogs For You to View

Jim Reed's Bike Blog - <http://www.zifflaw.com/NYBikeAccidentBlog/>

Bicycle Tutor- <http://bicycletutor.com/>

Loving the Bike: <http://lovingthebike.com/>

Red Kite Prayer: <http://redkiteprayer.com/>

“**Good for:** Anyone after commentary and analysis of the best in the bike world—minus sarcasm.

Written by: A cozy group of bike industry insiders, ex-racers, and cycling journalists. [RKP](#) (Red Kite Prayer) just added Charles Pelkey, whose popular The Explainer column was a recent casualty of the staffing musical chairs at Velonews.”

Bicycling Magazine: <http://www.bicycling.com/>

Map My Ride: <http://www.mapmyride.com/>

An advanced ride mapping program site.

MilerMeter: <http://www.gmap-pedometer.com/>

A simpler ride mapping program than *Map My Ride*.

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

Board Meeting Minutes - Dana Black



ROCHESTER BICYCLING CLUB BOARD OF DIRECTORS REGULAR MEETING: OCTOBER 11, 2016

Present: Mark Robbins, Dave Natrop, Dana Black, Steve Riegel, Kathy Riegel, Andy Stewart, Cindy Fleischer, Brad Jensen, Andy Melnyk, Ann Carroll-Lee, Todd Calvin

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

The minutes of the previous Board meeting on September 13, 2016 and the electronic meeting of September 1-11, 2016 were approved.

COMMITTEE REPORTS

Membership Report from Cindy via Email:

Current membership = 634 individuals are paid RBC members

662 members:
6 administrative (duplicate records)
247 family membership status (paid)
383 individual membership status (paid)
22 lifetime membership status (gratis)
4 student membership status (paid)

Statistician info on ride participation as of 10/17/16:

All rides 504 individuals attended one or more RBC rides
Calendar Rides 487 different individuals attended one or more
Impromptu Rides (IR's) 134 different individuals attended one or more

Safety, Advocacy and Education Report from Andy S:

Facebook Group - Total members have grown a small amount at 4 more than last month, 145 currently. Continued slow growth is good for this time of year.

Treasurer Report from Dave Account Balances via Email:

Checking: \$6,788 as of 9/11/2016
PayPal: \$0 as of 9/11/2016
Investment: \$14,419 as of 6/30/2016

Income \$115

Expenses

PayPal \$5
Adventure Cycling \$80

Advocacy Report from Richard via Email:

The Share the Road signs will be phased out per the NYS DOT and replaced with a bicycle in a diamond sign above a square sign with the wording IN LANE. The two part sign is in yellow. This was a ruling issued in 12/09/2013 so you will see the old signs up for decades.

Continued on the next page >>>

Board Meeting Minutes - Dana Black

NEW BUSINESS

Annual Meeting:

The Board discussed the upcoming Annual Meeting and the election process. All candidate statements were provided. Nominations would be taken from the floor by position and candidates would be able to make a brief statement. Dinnerware and beverages will be provided by the Board.

Volunteer Dinner:

Mark made a motion to approve an expenditure of not more than \$300 for gift certificates from local bike shops. The motion was approved. Jerseys and T-shirts will be available for purchase.

Assets:

The Board reviewed some of the assets RBC owns (e.g., banners, signs). Richard moved to donate the wheel truing stand and accessories to R Community Bikes. The motion was approved.

NEXT MEETING:

The next Board meeting will be held at 7:00 pm on November 8, 2016

The meeting was adjourned at 8:46 pm.

Minutes submitted by Dana Black, Secretary

ROCHESTER BICYCLING CLUB ANNUAL MEETING: OCTOBER 22, 2016

Members had plenty of slow cooker meals, pizza, desserts and socializing before President Mark Robbins brought the meeting to order at 7:20 pm.

Dave N. gave the Treasurer's Report. The fiscal year ended with \$11,506 in income, which included \$9,995 in membership income and \$1,025 from sales of bike jerseys and T-shirts. Major expense items were insurance, cost of the T-shirts and the volunteer dinner. There is currently \$6,788 in our checking account.

Brian Managan announced the Winter Meeting will be held end of January or beginning of February at 7:00 in the usual MCC meeting room. He is also looking for presenters.

Harvey also announced that Amtrak now has baggage cars for un-boxed bicycle transporting in New York. Harvey asked members to lobby the NYS DOT to have non-Amtrak trains (all 19 of them) in the state to have the same capability.

Mark noted that the Volunteer Dinner will be held at Burgundy Basin on Friday, November 18.

Mark thanked the board members who are stepping down and they were given a round of applause for their work. The new slate of board members was then introduced by Mark. Brian Managan was nominated as Maps Director. The position was open. A motion was made and seconded to approve the slate and the vote to approve was unanimous. The new board, effective immediately, consists of:

President	Todd Calvin	Maps	Brian Managan
Vice President	Brad Jensen	Publicity	Open
Secretary	Paul Knerr	Education	Steve Lee
Treasurer	Dana Black	Member at Large	Bill Lebbon
Past President	Mark Robbins	Member at Large	Nancy Rohlin
Membership	Kathy Riegel	Member at Large #3	Open
Rides	Steve Riegel	Member at Large #4	Open
Newsletter	Dale VanOcker		

The meeting adjourned at 8:10 PM.

Minutes submitted by Dana Black, Secretary

Board Meeting Minutes - Paul Knerr



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

Present: Brad Jensen, Richard DeSarra, Dave Natrop, Dana Black, Kathy Riegel, Bill Lebbon, Steve Riegel, Mark Robbins, Nancy Rohlin, Steve Lee, Paul Knerr.

The meeting was called to order at 7:00 pm by Vice President Brad Jensen.

The minutes of the previous board meeting on October 11th and General Membership meeting on October 22nd were approved.

Volunteer Dinner:

- 64 people are registered; 55 volunteers, 9 guests. Burgundy Basin needs a confirmed count by Nov 17th.
- 2nd reminder will be sent on Friday.
- Door prizes: All Bike shops that contributed last year, did so again. Towpath contributed this year. We also have Road ID coupons. Brad will make up name tags to draw from hat.
- Todd C. to MC the event; Mark R. to help. Kathy R. will check in people at the door. Steve R. will bring a draft of the ride calendar.

Review of items tabled at the October meeting: Dale V. was not present, so the items will be tabled for another month.

Constitution Committee: Withdrawal of some members created openings. Proposed members are: Todd Calvin, Chair, Mark Robbins, Steve Riegel, Brad Jensen, and Kathy Riegel. A motion was made, "Due to Board changes, the Constitution Committee shall be re-established with the proposed members." This motion was seconded and approved. The committee will meet to review prior notes. They target early 2017 to have a draft ready for Board review.

RBC 2015 Grants: Richard D. outlined the status of the three grant proposals approved by the Board:

Friends & Foundation of the Rochester Public Library for a Books by Bike mobile. Grant was for \$2,350.00.

The library current operates the first mobile unit out of the Arnett Branch put in service May 2015. The unit needs a few more parts added then it will be shipped to a City Branch for operation for 2017.

R Community Bikes (RCB) purchase tool kits for approximately 300 individuals who have completed a class on tube/tire repair/replacement. Grant was for \$3,000.00.

Continued on the next page >>>

Board Meeting Minutes - Paul Knerr

The program has had a slow start due to lack of personnel to implement the program. Richard De Sarra met with Dan Lill, Director of RCB, in October 2016 to discuss ways to ramp up the program for 2017. RBC and RCB will form a committee, two representatives from each organization, find venues to hold classes in Monroe County but mainly in the City of Rochester. Richard has been talking with the City of Rochester Parks and Recreation Dept. to hold classes at the Public Market and playgrounds, plus parks like Cobbs Hill and Seneca Park. The committee will meet several times over the fall and winter 2016 to develop locations.

Finger Lakes Health Services Agency (FLHSA) to train 8 – 15 League of American Bicyclist (LAB) - Certified League Instructors (LCI). Grant was for \$3,500.00.

The program was to have the LCI teach bicycle safety education classes at various locations throughout Rochester over three years.

The program was suspended in May 2016 when the individual to manage the program left FLHSA and did not train anyone to implement the program. In 2016 **New York Bicycling Coalition (NYBC)** has received a grant from NYS Governor's Traffic Safety Committee to fund a LAB – LCI program in NYS. The grant covered hiring an Education Director and part-time assistant for three years to design, plan, implement and manage the program for three years. Richard DeSarra is on the NYBC Board. NYBC has decided to team up with RBC to develop the LCI program in Rochester, train 8 – 15 LCI and offer bicycle safety education classes taught by the LCI. The first meeting of NYBC's Education Director and RBC members Richard, Andy Stewart, and Scott Wager was held in October 2016. We are planning to train the LCI here in Rochester May/June 2017 and begin to offer bicycle safety classes July/August 2017. More details are forthcoming as the program is developed.

Approval of Funds: Kathy R. purchased a \$50 Wegmans gift card. This and a card were sent to Jerry Vogt on behalf of the RBC. This was approved according to RBC policy #2.

Investment Account:

- Mark R. read the rules for signature authority on the investment account. This authority was proposed for Dana Black and Todd Calvin, with Paul Knerr witnessing the document. Mark made a motion, "To update the signature authority of the Investment Account in accordance with the rules read at the meeting." The motion was seconded and approved.
- Dave N. discussed the reason for the change in account managers. The old manager was charging us fees, the new one does not. Currently the account is invested in cash. The club needs a long term strategy for investment. No decisions were reached.

Education Clinics: Steve L. discussed a proposed schedule for clinics: Bike readiness – March; Flat tire – April, May, and June; Final clinic – October.

Listing LBS Rides on RBC Resources: Mark R. proposed Local Bike Store (LBS) weekly rides be listed on the RBC website and calendar. The pros and cons were discussed. It was suggested that the LBS reciprocate and list a link to our Meet up site. Mark R. to query LBS for feasibility.

Ride with GPS: Brian M. has proposed the club purchase an annual subscription to Ride with GPS as benefit for enhanced mapping features (\$250/yr, unlimited club use). The features of this resource were discussed. Further discussion will be deferred until Brian is present.

Continued on the next page >>>

Board Meeting Minutes - Paul Knerr

Ride Statistics: Brad J. will accept ride sheets until the end of November. The yearly totals will be published in the January-February newsletter. In general, the number of riders is up.

Miscellaneous:

- December is the last Board meeting booked at the Brighton Parks & Rec Center. Richard D. will contact Todd C. for future bookings.
- Church keys are with Brad J. and Andy Stewart. Mail box keys are with Kathy R. and Dana B.
- An Awards Coordinator is needed. Meeting in January to discuss awards.
- Publicity is open. Mark R. is filling in.
- Brad J. will organize tables at ADK Expo and other events.
- Brad J. will use the volunteer list to send a directed E-mail to those interested in specific areas of need.

Treasurer's Report: Via E-mail from Dana B.

Checking account balance:	\$6,775
PayPal	\$217
Investment account:	\$14,419

Membership Report: Via E-mail from Kathy R.

The Board received a file of volunteers may be helpful us as we delve into our work. (When members join, they check off areas they are willing to volunteer for.) File is broken into a sheet for each category below. For members active as of end of October, the number of individuals willing to be involved in:

- lead rides -114
- publicity - 20
- awards - 10
- education - 37
- advocacy-51
- special events - 120

Next Meeting:

The next Board meeting will be held at 7:00pm on December 13, 2016.

The meeting was adjourned at 8:28pm.

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."

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



For Sale

Homemade short wheelbase recumbent and carrier. Many accessories
Reduced to only \$95.00

Call Larry Johnson 315-524-8244



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?>



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

YOUR AD HERE!

Newsletter Advertising:

The Flower City Cyclist accepts ads and preprinted inserts.

There is NO CHARGE for all Members in good standing!

The Flower City Cyclist accepts PAID ads and preprinted inserts. Paid ads will run for one issue. Follow the instructions in the Table of Contents for more information on submission.

Rates are:

1/4 Page \$10.00

1/2 Page \$15.00

Full Page \$25.00

Send to: rbcnewz@yahoo.com

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

For Sale

Pick Up Truck Bike rack. Works best with fatter tire bikes and will fit a bed 60" or greater in width. Brand New—Would not fit my truck. \$25.00

Rans Screamer Sport Recumbent *Tandem*, Excellent condition, Independent Pedaling System, New Tires, about 2000 miles. \$3500.00.

Contact: David Hurd at albert.hurd@icloud.com



Dave Hurd

5 Pickett Street Ext.
Castile, NY 14427
585 493-5751 Home
585 322-6319 Cell



2017 Board of Directors

Red Titles are Voting Members - 15 Blue Titles are non-Voting Members

Officers: (Voting)

President

Todd Calvin
314-7432
tcalvin001@hotmail.com

Vice President

Brad Jensen
872-4468
bjkensen99@yahoo.com

Secretary

Paul Knerr
330-8374
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Treasurer

Dana Black
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OPEN

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Immediate Past President

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Members-at-Large: (Voting)

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Nancy Rohlin
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Position 3: OPEN

Position 3: OPEN

Coordinators: (non-voting)

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OPEN**

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Impromptu Rides

OPEN

Road & Trail Advocacy

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rdsbike@rochester.rr.com

Slow & Easy Rides

Mike Stanton
330-2371
michael.stanton@xerox.com

Coordinators: (cont'd)

**Social Rides
OPEN**

Sweep Rides
Chris Basak
586-484-1822
basak@aol.com

Web Site

Brad Jensen
872-4468
bjkensen99@yahoo.com

Bike Cases

Beth Johnson
330-0148
dr.j.4992@gmail.com

Winter Meeting

Brian Managan
No phone
brian@bcmbike.net

Board Appointed Positions: (non-voting)

Librarian

Todd Calvin
314-7432
tcalvin001@hotmail.com

LAB Touring

Ride information
Club Representative
Todd Calvin
314-7432
tcalvin001@hotmail.com

Legal

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Box 1338
Elmira, New York 14902-1338
(800) 943-3529
www.zifflaw.com