Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 50, Issue 5 July 2017

2017 is our 50th Anniversary!

Andrew Spiller Picnic and Challenge Ride
Saturday, July 22, 2017
Mendon Ponds Park, East Lodge

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Upcoming Events Summary

Board Meeting
10 Jul 2017 6:30 PM
Legacy, 40 Willow Pond Way, Penfield, NY 14526

29th Annual Andrew Spiller Memorial Challenge Ride and Picnic
22 Jul 2017 8:00 AM
Mendon Ponds Park - East Lodge on Canfield Rd

Flat Tire Clinic
22 Jul 2017 2:30 PM
RBC Challenge Ride and Picnic @ Mendon Ponds Park

Board Meeting
14 Aug 2017 6:30 PM
Legacy, 40 Willow Pond Way, Penfield, NY 14526

Rochester Twilight Criterium and Grand Fondo
19 Aug 2017 1:00 PM
Downtown Rochester

The Flower City Cyclist

Our Mission:

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

This Newsletter is published by the Rochester Bicycling Club in 10 issues, as scheduled below.

Month	***Submission Deadline***		***Issue #***
• 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 for this newsletter through this WEBSITE LINK. These 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

Membership Chair - Kathy Riegel

Welcome to our New Members through June 26, 2017

Tracey Brauksieck
Paul Burke
Suzanne Chang
Marc Demarie
Colleen Demarie
Parker Demarie
Pamela Durant
David Durant
Jay Fridley
Cheryl Fridley
Gregory Humbert
Thomas Kinsman
John O'Toole
Linda Schiess
Sheryl Stockton
Janet Triplett

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 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

Myth Busters - Kathy Riegel

I'm enjoying getting to know so many riders. Among other things, I like to to learn how people got into the club, and what sort of rides they like to do. I have talked to some experienced cyclists who have been afraid to join RBC or go on a RBC ride. Some express hesitation to go on the long hilly rides. The conversations led me to writing this article to bust some myths.

Myth #1 – RBC Rides Are Only For Fast and Strong Riders

Our club consists of riders of all speeds and styles. Some like flat and short, some like a bit more distance and some hills, and others live for long distance and significant climbs. Often the same ride will have people who average 12 mph, others who average 18-20 mph+ and all speeds in between. To some, the priority is average ride speed, and to others it is smelling the roses and enjoying conversation. Members choose rides based on distance and terrain. If you can do the distance and terrain, it makes no difference how fast you go.

Myth #2 – I Must Be Fast to Do a Long Hilly Ride

A number of riders have expressed concern that they can not sustain a 15 mph average for long distances, and therefore won't consider the long hilly rides. Yikes! Where did that come from? Many regulars on the long hilly rides do not ride fast. They are out there primarily to enjoy the challenges of the terrain, and the spectacular scenery. I looked at my average speed after 'Killer Hills' – had to be less than 12 mph. Possibly less than 11 mph! A lot of folks are missing out on the RBC *gems* because of this misperception. We have some of the greatest cycling in the world in our region and if you have the time to do the long rides, the weekends become mini-vacations.

Myth #3 – If the Ride Leader is Fast and I am Not, I Should Not Choose That Ride

Hmm.. I wondered...what in the world does the ride leader's pace have to do with the price of tea in China? Leaders are there to sign people in, and to give some pre-ride instructions. Having an established ride schedule with leaders is one of our club's greatest assets. People have told me they won't go on an “Otto ride” or a “Kevin ride.” I do "Otto rides" and "Kevin rides" all the time. Otto and Kevin are fast. I am not fast. We all enjoy the same ride, and stop at the same places. That's what an RBC club ride is - shared experiences!

FYI: In 1989, very early in the club's history, it was noted in the RBC newsletter that ride leaders were not responsible for keeping people together. Instead all riders were asked to bring a map, so they could ride at their own pace, as "more people would be able to enjoy the ride if they go at their own pace."

Myth #4- Lowering My Gears is Cheating

Curious...who would one be cheating? Even if you're self competitive, why not save your knees and your energy and have more enjoyable rides? Some of the climbs in the Finger Lakes and

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Southern Tier are significantly steeper than the mountain passes in Europe (much shorter of course, but steeper). Even experienced riders and racers lower their gearing for prolonged steep climbing. It means changing the rear cassette, and may require changing the rear derailleur, but that cost is modest and the payoff is immense. If you want to do the long hilly rides, consider talking to those at your local bike shop or other experienced cyclists for ways to lower your gears. It can make a huge difference in ability to do the more challenging rides and enjoy them.

Myth #5 - RBC Rides Are Not Social

Hmm...RBC rides *are* pretty social, but most of that happens during the ride. Miles fly by when we're talking with those we know, or getting to know someone new. We stop in little towns, at bakeries and at 7-Eleven type stores, where we pick up a drink and a snack. We sit on the curb or in a shop chatting with others who are on the ride.

For the shorter rides, anyone can create a more structured "social ride" by posting a note on Meetup to bring a drink and snack to share for a tailgate. In fact, you can make any of the scheduled rides anything you'd like (e.g. sweep, tandem, social). Our Ride Chair does a huge amount of work in the off season on schedule creation and ride leader recruitment but you can make whatever you desire happen in terms of the icing on the cake!

Myth #6 – There is No Value to My Coming to A Club Ride Because I Can't Keep Up

Some have said, I can't keep up, so I just ride with my friends. Hmm...what's wrong with that statement? Each of the people I heard this from know at least six others they enjoy riding with, who ride at their pace. If you all come to the club ride, there is HUGE value – (1) to yourself, because a large part of the joy of club riding is experiencing with other club members and getting to know people and (2) to other riders – by you being on the ride, you are there for new moderate paced riders! If you and the other riders you know choose to avoid the scheduled club rides because you "can't keep up" it actually contributes to the problem. The rides are for every one but if moderate paced riders do not come, who does it leave? - "the fast guys." If a diverse and large group comes to each ride, everyone has someone to ride with!

With a way to communicate before the ride, it is very easy to post messages that can encourage others like yourself who may be on the fence about coming to a ride. For example... "I plan to do the 30 mile cut at a moderate pace (about 13 mph avg)" or "Some of us plan to do 70 miles of this century at a moderate pace." Your RSVP alone helps. Someone who rides at your pace who has met you on a ride will know that you will be there.

Looking forward to lots more riding now that the "rainy season" has ended!

Update!!!

29th Annual Andrew Spiller Memorial Challenge Ride & Picnic
Saturday, July 22, 2017
Mendon Ponds Park, East Lodge

RBC Celebrates it's 50th Anniversary this year!!!
Come out and Celebrate at our Challenge Ride and Picnic on July 22!

The Challenge Ride will again be held at Mendon Ponds Park. We've again reserved the East Lodge located on Canfield Road.

The Challenge Ride will operate from **8 AM Thru 8 PM** enabling ambitious riders to be out there racking up miles for 12 hours.

Newer members are encouraged to come out and experience RBC friendship, meet other riders, enjoy the food, and, of course, **RIDE!**

Planned rides are offered during the morning. In keeping with our RBC 50th anniversary theme routes of 50 miles, 50 kilometers (Approx. 31 Mi.), and two routes of 25 km (Approx. 15 mi.) have been specially created with the goal in mind of producing routes that are accommodating for the widest variety of riders (read "flat").

Continued on the next page >>>

Announcements

Planned rides are scheduled as follows:

- **50 miler: 9AM**
- **50 KM: 10:30AM**
- **25 KM: 10AM and Noon**

A **BIG THANKS** to those members who've volunteered to lead these rides!!! Please note that while no rides have been scheduled after lunch **Members are encouraged to discuss afternoon ride plans during lunch – using the maps created for this year's event or any of their favorite MPP routes in our RBC mapset.**

Lunch: Our picnic will take place between 1:30 and 2:30PM. After that you can go out riding again to work off those picnic calories. Once again this year the club will be providing hot dogs and condiments, rolls, soft drinks and water. **Participants should plan on bringing a dish to pass.** Not into hot dogs? Feel free to bring a meat of your choice to grill.

50th Anniversary Themed Activities: A 50 foot Slow Race will be held after lunch and should be a lot of fun. Participants must maintain forward motion while staying within their lanes. Last to cross the finish line wins!!! We will also have an exhibit of **RBC Memorabilia** for your enjoyment!!

What is the Challenge Ride? This is the day when you can challenge yourself to ride a little further than normal, or maybe even set a personal best for distance ridden in a day. Or it can be a day where you come out to do a comfortable ride and socialize with other riders.

History of the Challenge Ride:The Challenge Ride was first held in 1989, organized by Mark Frank. Andrew Spiller was a great long distance rider who was tragically killed in June 1992 when he was hit by a car during a long endurance ride. Andrew was an RBC member and contributed to the club in many ways. The Challenge Ride was renamed in memory of Andrew. This would be a great day to come out and ride and honor Andrew. Let's set a new rider attendance record this year!

Want to pick up RBC Gear? RBC Jerseys and the new RBC T-shirts will be available for sale. Please note that we've reordered Mens Sport Jerseys and we'll have Mens and Women's Jerseys available in all sizes!!

Volunteers Needed: **We can use additional volunteer help for grilling and set up/take down.** A **BIG THANKS** to those members who've already stepped up to lead rides, grill, etc.

If you have any questions or suggestions (including routes) about the Challenge Ride, or if you would like to volunteer to help (see above) please contact Mark at markerino@rochester.rr.com. Hope to see everyone on July 22nd!!!

Ride Stats

June Report

Brad Jensen

As of June 11th there have been 87 reported rides. Twenty-three rides had no riders, a record high, but understandable given we experienced the wettest spring since 1873. Sixteen ride sheets are outstanding. A total of 914 riders, consisting of 239 individuals, have so far accumulated 29,550 miles. Mileage is down 7% and the number of riders is down 12% compared to this time last year. That isn't too bad given this spring's weather. Believe it or not, we had 50 rides where the weather was rated as "Beautiful".

Participating riders have averaged 3.8 rides and 124 miles so far. Each non-rain-out has averaged 10.5 riders. 27 people have done 10 or more rides and two people have done 20 or more rides. Those stats are similar to last year. Seven people have over 500 club miles and a two are close to the 1000 mile mark. We have had 53 first time riders, of whom 22 are new members, so far this year. The number of first timers is way down after a record high last year. It takes good weather to get the newbies out on a ride.

When the weather has cooperated we have gotten good turnouts. There have been three rides with over 30 riders so far this year.

Sun	04/02/17	Rush-Livonia, 39 riders
Sun	04/09/17	Mendon Ponds-West Rush, 47 riders
Wed	05/31/17	Mendon-Lima, 39 riders

Ride leaders are reminded to mail in their ride sheets within 2 weeks of the ride and to complete the weather conditions rating. Even if the ride is rained out you need to return the ride sheet or at least email me to let me know.

Needed: Humorous Awards Ideas

The Awards committee is always in need for ideas for humorous awards for our Spring Banquet. We also like to recognize people who go way "above and beyond." So when you are out riding this year keep your eyes open for those "special" incidents that merit recognition. Make a mental note and when you get home drop me a quick email at bkjensen99@yahoo.com. I'll take it from there.

New League Certified Instructors

On-June 4, 2017, eleven bicyclists became League Certified Instructors. The RBC and New York Bicycling Coalition (NYBC) jointly sponsored the training. Exercise Express on Plymouth Avenue hosted the LCI training seminar. Three LCI trainer coaches came to Rochester to conduct this session.

Let's put these newly minted LCIs to work. Let's have them hold a League of American Bicyclists' Smart Cycling course at the RBC's Picnic and Andrew Spiller Memorial Ride July 22.

The Smart Cycling course is the prerequisite for taking the League Certified Instructor training.

For more information on the League's Smart Cycling and LCI education programs go to: bikeleague.org/ridesmart

Email the RBC's Education Coordinator, Steve Lee, slee40@frontiernet.net, and the NYBC's Education Director Ken Crandall, ken@nybc.net, if you are interested in attending a Smart Cycling course. If you do attend a Smart Cycling seminar you will be a better bicyclist!

Harvey Botzman
Program Manager Emeritus, Bike NY State Exhibit, May 4-5, 2018

Volunteers Needed

We need volunteers! With summer around the corner, there are quite a few opportunities to help. Here's a few.....more to come.
BONUS - Volunteer for an RBC event and you even qualify for a free dinner in the Fall.

OPPORTUNITY #1

Saturday July 22, 2017
Help With the RBC Annual Challenge Ride and Picnic
Location - Mendon Ponds Park, East Lodge on Canfield Road
Members will be able to ride all day, but we do plan to have three group rides starting at staggered start times, all ending in time for a picnic at about 2:30 PM. We need help with the following:

Lead a ride. (You do not need to come up with the route).

- Long - about 50 miles
- Moderate - about 25 miles
- Short - about 12.5 miles

Man the grill and flip hot dogs and meat. This is an important job. We may even get you a special hat.
Help with overall coordination of activities that day.
Come up with a fun game or two to help celebrate RBC's 50th anniversary.Please contact Mark Robbins if you're interested in helping out.

OPPORTUNITY #2

iCan Bike
July 24-28, 2017 at RIT
This camp teaches individuals with Autism Spectrum Disorder, and other disabilities, how to ride a conventional bike without training wheels.
"Spotters" are needed to help the children in this program to develop confidence and skills.

If interested email Kristen klopez@autismup.org give her a call at 248-9011.
More information is available at http://autismup.org/classes/ican-bike.
See the volunteer application on that site.
Thanks for considering!

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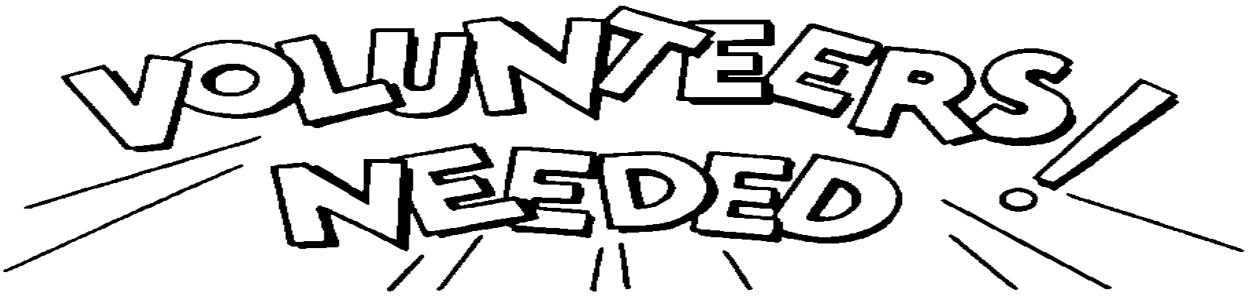

OPPORTUNITY #3
Rochester Twilight Criterium
Aug 19, 2017 Downtown Rochester
As many of you have experienced, The Rochester Twilight Criterium sets the streets of downtown Rochester on fire, at night, with an international field of world-class cyclists streaking past a crowd of 25,000 spectators that are just a few feet away from the action.

RBC members once again have an opportunity to volunteer at this exciting event! It is Saturday August 19th.

From set-up to break-down, from hanging banners to marshalling the course, this amazing event couldn't happen without the help of an army. RBC members have been vital to the success of this event in the past. There are a number of different ways to pitch in and all volunteers will receive an official Rochester Twilight Criterium t-shirt!

If you are interested, please fill out the volunteer form on the Rochester Twilight Criterium webpage Crit Volunteer Form. Completing the form will add you to the volunteer list and you will be contacted in the coming weeks with details.

We also need some people to man the RBC table at the event. You would answer basic questions about the club (all in our brochure), and there will be some handouts available. If willing to man the table for an hour or two, please contact Kathy.

Thank you so much for considering!

A Successful 2017 Western NY Bike Fest

June 3, 2017 was a glorious day for the WNY Bike Fest. After having so many successive rainy days it was pure pleasure to get out on bikes on the trails at Dryer Road Park and on the roads around Victor to enjoy the sun and mid-70's temperatures. The 2017 WNY Bike Fest attracted around 600 people in one day, nearly twice as many as attended the two-day inaugural event in 2016.

The Fest is an all-volunteer event and a big thank you goes to Rochester Bicycling Club, Huggers Ski Club, Genesee Regional Off-road Cyclists and the National Mountain Bike Patrol for their presence at the Fest. The organizations tent staffs were managed by:

- The GROC Board of Directors, with particular thanks to Paul Moszak and Jeff Wright
- Paul Knerr from RBC who mustered a full and enthusiastic crew for the day
- Sue Quackenbush for the Huggers whose colorful tent (and wonder woman life-size cutout!) once again was the most colorful and creative tent at the Fest.

GROC's mission is to create and maintain trails - not organize or lead rides - and yet they were able to pull together ride leaders for the Mountain Bike rides which were very well attended. Most of the MtB ride leaders are members of GROC and the National Mountain Bike Patrol. All of the road ride leaders, as well as many of the volunteers at the registration tent and the raffle tents, are current Huggers and RBC members. It was truly a community effort!

Thanks go to our enormously creative image volunteers: photographer Marty Nott and videographer Hanna Boriello.

There were five demo rigs at the Fest and a nearly finished "jumpline" that attracted MtB riders. Demo rig operators were very happy with the turnout and reported a combined nearly 300 demo bikes lent for rides. Most other bikers came for the fun and celebratory nature of the Fest - the music, the food trucks, and the vendor tents. There were families, individuals and couples taking in the day at Dryer Road Park. The clinics, led by Leslee Schenck Trzcinski, Bob Lechner and Jeff Wright were well received by attendees. There will be an ongoing effort to engage more road riders, and any suggestions for activities during the Fest are most welcomed. Please post your comments and suggestions at Facebook.com/WNYBikeFest/ or email them to Cindyf1216@gmail.com. Post-event surveys are being developed to capture ideas as well.

Additional photos, an event video and final total of money raised for R Community Bikes will be available soon.

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A Successful 2017 Western NY Bike Fest

Again, thanks to all for a wonderful turnout and successful 2017 Western NY Bike Festival.

Volunteers included:

Christine Votel Sheffer, Steve Kofron and Pam Rogers for their successful publicity.
Bob Lechner who, for a second year, laid out the field on Friday and was there at the crack of dawn on Saturday to stake the field and guide the vendors to their sites.
Wayne Scheuing who, for a second year, coordinated the road rides
Paul Moszak who coordinated the MtB rides and GROC tent volunteers including Cole Moszak, Tanner Moszak, Andie Moszak and Eleni Kozacos.
Steve Wowkowych who organized the oversight of the National Mountain Bike Patrol
Karen Bishop Newman who managed the raffle all day
Paul Knerr who acted as the liaison with RBC and coordinated the RBC tent volunteers including Daniel Burge, Dave Dana, Ed Hansen, Doug Johnston, Kathie Langer-Nawrocki, Diane Mohney, Pete Ragonese and Hank Walck
Bonnie MacLean - liaison to Huggers
Jeff Wright - liaison to GROC and GROC tent volunteers
Sue Quackenbush who organized the Hugger tent. Tent volunteers included: Mark Stephens, Carol Zimmer, Dotty Lovell, Sheila Yerdon and Iris Raiman
A special shout out to Mark Frank who ran the slow race, lead bike rides and was just an all-around fantastic helper
Marty Nott - photographer
Hannah Borriello - videographer
Ontario County Deputy Bob Holland who stayed for the entire day and has offered to organize the Bike Rodeo next year
Scott Page who's tireless work for the biking community never fails to impress

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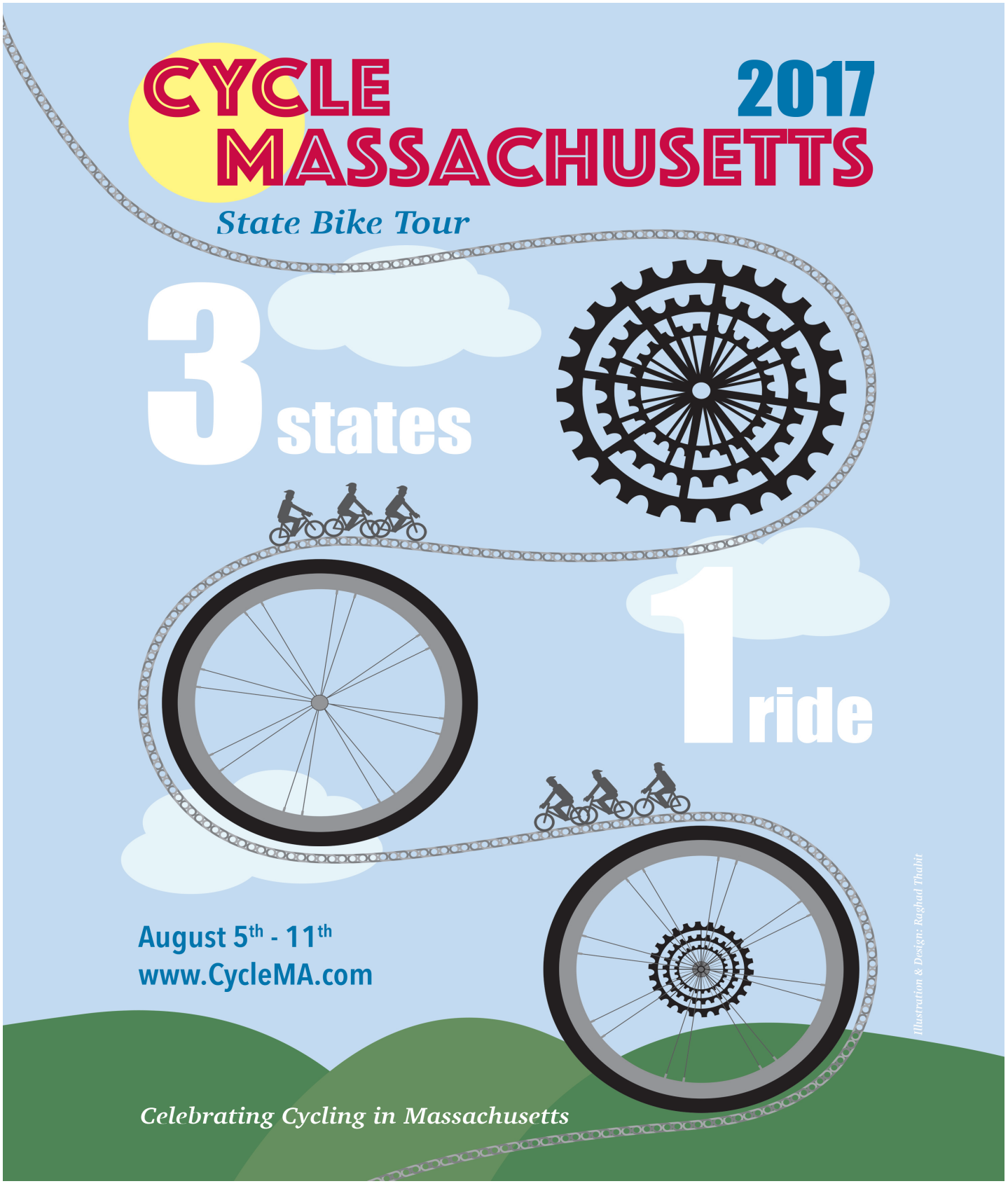
A Successful 2017 Western NY Bike Fest

Additional Volunteers:

Alex Parsons
Alexa Harding
Alice Carver-Kubik
Andi Preston Balland
Ann Ahrens Spargo
Beth Taylor Johnson
Bob Lechner
Bob Spreter
Brian Dahl
Christine Votel Sheffer
Chuck House
Cole Moszak
Danielle Ohlson
Dave Canning
David Wilkins
Eddie Eckert
Eileen Scahill Mazzo
Jamie Allen
Jason Urkfitz
Jeff Finewood
Jeff Wright
Jess Geiger
Jim DeWitt
John Reily
Karen Bishop Newman
Kathie Langer-Nawrocki
Kathy Ruisi
Keith Buddendeck
Kim Waldman Page
Lauren O'Neill
Leslee Schenk Trzcinski
Linda Lechner
Lynda Bowen
Mark Bowen
Mark Frank
Mark Mazzo
Patsy McBride
Penelope Pankow and her sister
Steve Frattare
Steve Wowkowych
Tammy Scheuing
Tanner Moszak
Tim Sheffer
Tom Palmer
Veronica Benzing
Wayne Scheuing
Whitey Link
Event Director, Cindy Fleischer


CYCLE MASSACHUSETTS
2017
State Bike Tour
3 states
1 ride
August 5th - 11th
www.CycleMA.com
Celebrating Cycling in Massachusetts
Illustration & Design: Raghad Thabit

Rochester Cycle For Life

Cystic Fibrosis Foundation

August 12, 2017

Info and Online Registration:
https://goo.gl/Cvmkw8

Get your wheels in motion and join us for our 7th annual bicycle event as we ride through some of the most picturesque and scenic terrain south of Rochester. CF Cycle for Life is a fully-supported ride with route options of 61, 35 and 10 miles. From breakfast to our cycle post party, you can enjoy fully stocked rest stops every 10-12 miles, bike mechanics for bicycle maintenance and repair, ride marshals to cheer you along the way and plenty of support vehicles to help you complete the ride. This unique event empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible, emotional and powerful way.

Registration Fee Schedule:
01/01/2017 – 05/31/2017: $20
06/01/2017 – 07/31/2017: $30
08/01/2017 – 08/12/2017: $40

Ride Details:
Date: 8/12/2017
Check-in: 8:00 am
Start Time: 9:00 am
Route Mileages: 10, 35 & 61
Chapter: Rochester Chapter
Event Location: Mendon Ponds Park Pondview Shelter and Hopkins Point Lodge, Honeoye Falls, NY
Event Coordinator Name: Patty Schwarzweller
Event Coordinator Email: pschwarzweller@cff.org
Event Coordinator Phone: (585) 924-0319

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CITY OF ROCHESTER, N.Y.
benefiting the
GOLISANO CHILDREN'S HOSPITAL
Full Moon Vista
Halleran Financial Group
CHARTING YOUR SUCCESS
ROCHESTER
GRAN FONDO
AUGUST 19TH 2017
A part of the Rochester Twilight Criterium
ZERO administration costs!
100% of the proceeds go to the Golisano Children's Hospital!
Exclusive day & evening inside the Blue Cross Arena
Full evening criterium course-side seating w/refreshments
Amazing buffet dinner
Custom cycling jersey (for the 30, 50 & 100 mile)
Custom tech t-shirt (for the 10 mile)
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Register NOW! Cyclist, spectator or volunteer!
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ROCHESTER TWILIGHT CRITERIUM

SATURDAY, AUGUST 19th 2017

City of Rochester, NY
Lovely A. Warren, Mayor

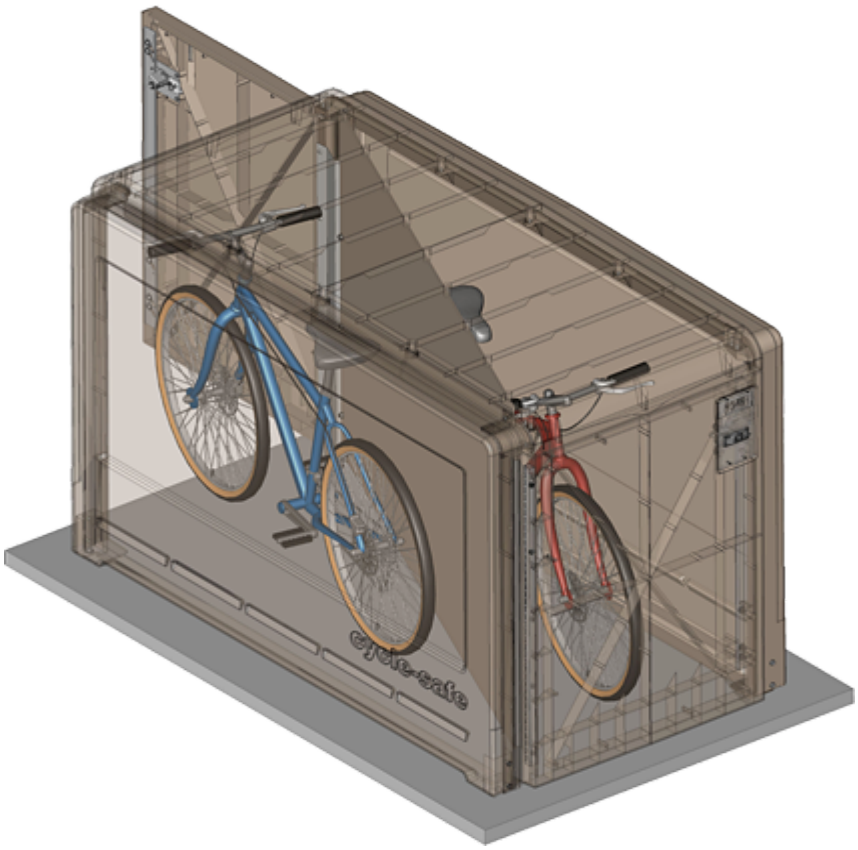
Free spectator admission! Food truck rodeo and beer garden!
The world's best athletes - racing on OUR city streets!

nalgene · EFPR GROUP Certified Public Accountants · the strong National Museum of Play · Morgan Communities · IDE Family of Dealerships · City Newspaper · GVCC genesee valley cycling club · Full Moon Vista · MVP Health Care · Rohrbach Brewing Company · Visit Rochester Limitless

rochestercrit.com

Bike Lockers for Rent - Bruce Wilbur

Then park your bike Safe and Secure in one of our Bike Lockers



- **High Falls Garage**, State Street near WXXI, Kodak and the Inner Loop
- **Sister Cities Garage**, near City Hall, and the County Office Building
- **Court Street Garage**, near the Rundel Library and Excellus
- **South Avenue Garage**, near the Convention Center
- **Washington Square Garage,** near GeVa and the Strong Museum
- **East End Garage,** near the YMCA and Eastman Theater

Rental Periods and Rates

Apr 1 – Nov 30	Dec 1 – Mar 31	Apr 1 – Mar 31
Three-Seasons	Winter	All Year
$40	**$20**	**$50**

To rent one, contact **Bruce Wilbur**, City of Rochester Bureau of Parking **585-428-6587**
Or email bruce.wilbur@cityofrochester.gov
http://www.cityofrochester.gov/parking/bicycles/

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/

TS 101 Class Information and Photos- Rochester Bicycling Club on FaceBook

Self-Assembling Bicycle- https://vimeo.com/137011379 -Way cool video!

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 - Paul Knerr

Board Meeting Notes; April 10, 2017

(May Board Meeting Minutes will be included in the August Issue)

Present: Brad Jensen, Mark Robbins, Dana Black, Kathy Riegel, Bill Lebbon, Steve Riegel, Richard DeSarra, Steve Lee, Scott Page, Andy Stewart, Paul Knerr.

The meeting was called to order at 6:36 pm by Treasurer Dana Black.

The minutes of the previous board meeting on March 13th were approved.

Rochester Twilight Criterium: Scott Page informed the board regarding the Rochester Twilight Criterium. It will be held Saturday, August 19th, 2017. Road shut down will be at 4:00pm. There will be full course barricades. Only one amateur race, combined U23 and 17-18 yr. old. Will need fewer volunteers. Volunteers will be coordinated by Holly Levine. Adding a 1 mile running race between the Women's and Men's races. Sponsored by Brooks and Medved. Scott also updated us on the Genesee Valley CX race, on September 9-10. The race has been upgraded to class 1.

Ride of Silence: Andy Stewart updated us on the Ride of Silence. Posters were handed out for distribution at multiple points. There are 22 rider escorts, and a motorcycle escort. A press release will be issued the week of.

Membership: Kathy Riegel

- As of April 5, there are 485 active/paid members (an additional 249 did not renew yet). Each day, a few are joining or renewing.
- There have been 48 new members since Jan 1. They heard about the club via: (some chose more than one answer)
    - friends/members -18
    - electronic media (Facebook, Meetup, Web) - 9
    - bike shop - 5
    - other – 7
    - no data - 12 A number of individuals added their family members at time of renewal, accounting for most in this category. Others from paper application, to be revised to capture this data.

Awards Banquet: Brad J. reported feedback on the venue was positive. Also multiple presenters was a positive.

Constitution Committee: Brad reported no change.

Continued on the next page >>>

Board Meeting Minutes - Paul Knerr

Ride Chair Report: - Steve Riegel

- RWGPS maps (including cuts/extensions/alternates) drawn covering up through August. About 30 remain for season. Meetup will be loaded through August later this week (RWGPS maps must precede loading). Remaining schedule (RWGPS+Meetup) should be done/loaded by end of month.
- ScheduleRide is being used (14 users so far). Fixed minor issues and ensured code libraries are up-to-date. Added map name completion to aid searching.
- Helping several folks get started with RWGPS app. Created a couple collections of screenshots to help. Concepts are not clear to folks without Garmin/similar experience, but I'm close to having a concise email (w/screenshots) that gets them going. May be worth a paragraph on Members Area -> Maps page.
- Ride Leader's meeting will be held Thursday, April 13, 7pm at Eastside YMCA.
- Ride attendance seems good (even considering the weather!). Pent-up demand and steering folks towards the existing calendar rides is a big help. Pre-ride buzz & RSVPs on Meetup are also helping. Positive club ride experiences per post-ride verbal and Meetup comments, including from folks new to the club.
- Mark R. motioned to appoint Ken Hansen as S&E Coordinator. Steve L. seconded; the motion was approved.
- Kathy R. motioned to appoint John Yunits as Sweep Coordinator. Mark R. seconded; the motion was approved.

Education Clinics: Steve Lee reported that 14 people attended the first clinic; with very positive feedback. Links will be placed in the News Letter for these upcoming clinics:

- Flat Tire #1 - May 2nd at Good Shepherd church
- Flat Tire #2 – May 15th at Good Shepherd church
- ADK Expo – 2 clinics; Flat tire and Emergency preparation

Jerseys: We discussed getting new jerseys from Louis Garneau. Kathy R. motioned for funds up to $2,000 to re-order current design jerseys. Steve L. seconded; motion approved. Plan to order by May 1st. A committee will be formed to create a new jersey design.

ADK Expo: Kathy R. reported 3 people are signed up to man the booth. Bob L. will go first, and Bill L. will go last. Paul K. volunteered to truck the table and canopy in and out. Steve L. will hold 2 clinics.

League Cycling Instructor Training: Richard D. reported NYBC Traffic Safety 101 training started on Friday. 15 people attended, 9 from Rochester. Instructor training is June 3-5. There are 6 scholarships available.

Bike Week: Richard D. reported that bike week is May 13-21. City of Rochester calendar and RCA website have events. The 19th is Bike to Work day.

Bike Fest: Paul K. reported there are 4 volunteers. Paul K. motioned for $65 fee for Bike Fest. Brad J. seconded; motion was approved. . Event is scheduled for Saturday, June 3rd.

Spokes & Ink: Richard D. reported that RBC will share a table with RCA.The event is scheduled for Saturday ,June 3rd.

50th Anniversary: Committee of Karen Managan, Richard D., Kathy R., and Mark R. to generate ideas for the 50th.

Annual Picnic: Date is July 22nd. Mark R. will help coordinate. More volunteers are needed for this event. Plan to schedule a 50 mile ride in honor of the 50th anniversary. Also plan to schedule ride departure times.

Investment Fund: Dana B. will talk with Chris from Sitera. We want investments with a 1-2 yr time frame. Committee of Brad J., Richard D., and Mark R. to review options.

Continued on the next page >>>

Board Meeting Minutes - Paul Knerr

Next Meeting: The next Board meeting will be held at 6:30pm on May 08, 2017. Meeting site is Legacy Senior Community at Willow Pond; located on 40 Willow Pond Way, Penfield, NY 14526.

The meeting was adjourned at 8:54pm.

Minutes submitted by Paul Knerr, Secretary.

May Board Meeting Minutes will be included in the August Issue

Scene around Town

Handicapped zone?

I Settled for a Kiddie Cone!

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)	Hutchsion 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

Member Want Ads

YOUR AD HERE!

Newsletter Advertising:

The Flower City Cyclist accepts ads and preprinted inserts. There is NO CHARGE for all Members in good standing!

Send to:
rbcnewz@yahoo.com

The Flower City Cyclist also accepts PAID ads and Preprinted inserts.

Paid ads will run for one issue.

Follow this WEBSITE LINK for detailed instructions on submission.

Rates are:
1/4 Page $10.00
1/2 Page $15.00
Full Page $25.00

For Sale

LONG WHEELBASE RECUMBENT BIKES FOR SALE

1. Rans Stratus
- Color: green, SRAM X9 components, with computer, kickstand, and fenders, very good condition and well maintained. Asking - $1400

2. Rans Stratus XP
- Color: red, aluminum frame, SRAM X9 components, with computer and kickstand, very good condition and well maintained. Asking - $1400

3. Rans Xtream
- Color: yellow, SRAM X7 components, with computer and kickstand, only 300 miles of use, well maintained. Asking - $1700
zvogt zbiks

NOTE: PRICES ARE NEGOTIABLE ON ALL ITEMS
ACCESSORIES FOR SALE
- 2 bike hitch rack for recumbents (Asking - $300)
- Almost new large bike bag that fits on recumbent seats (Asking - $80)

Contact: Dave Ross at
585-346-2145

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
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314-7432
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Vice President
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Treasurer
Dana Black
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Immediate Past President
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Nancy Rohlin
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Position 3: OPEN

Position 4: OPEN

Coordinators: (non-voting)

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Coordinators: (cont'd)

Social Rides
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Sweep Rides
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bkjensen99@yahoo.com

Bike Cases
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dr.j.4992@gmail.com

Winter Meeting
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No phone
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LAB Touring
Ride information
Club Representative
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tcalvin001@hotmail.com

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www.zifflaw.com