



# Flower City Cyclist

Volume 51, Issue 4 June 2018

## Fresh from the "Way Back" Machine!



**TOURING BIKEWAY** — The State of Wisconsin's Department of Resource Development, has promoted a state-wide Bikeway of more than 300 miles which takes cyclists through cities and towns, along back roads. A self-guided tour brochure leads visitors to cheese factories,

quaint communities, through fascinating geological sites, over abandoned railroad beds and under foreboding tunnels. Thousands of tourists come each summer to have a "Wisconsin Bicycle Holiday," riding the route in segments for a one-day visit or a whole week.



**INSTANT BIKEWAYS** — Following the lead of New York City, many other cities are creating "instant" Bikeways by closing metropolitan parks on weekends and weeknights to automobile traffic so that city cyclists can bike back to fitness. Cycling in Central Park (photo) has become so popular that as many as 10,000 bike riders show up on warm Sunday afternoons.



**SAFETY ROUTE** — Hundreds of communities have sponsored Bikeways over quiet streets which connect schools, play areas, libraries, and housing developments. City Bikeways are

well-marked to remind motorists that bicycles will be encountered anywhere along the route, and that extreme caution should be observed at all times.



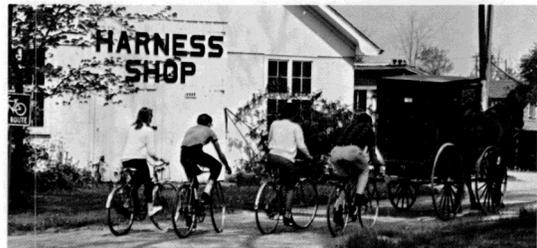
**AN URBAN BIKEWAY** — More than 20 miles of marked Bike Route are open in Coral Gables, Florida, maintained by the city's community development department. An attractive self-

guided tour leads cycling residents and tourists through the area's most beautiful attractions, and provides safe routes from schools to residential neighborhoods.

**A SCENIC BIKEWAY** — A network of Bikeways in the Cape Cod National Seashore in Massachusetts is operated by the U.S. Dept. of the Interior. A scenic and historic route provides access to the most attractive features in the 27,000-acre park including cranberry bogs, lighthouses, nature preserves, information centers, swimming beaches, youth hostels and others. Self-guided tour brochures are provided to park visitors on bicycles.



**A LONG-DISTANCE BIKEWAY** — A self-guided tour through Ohio's countryside inhabited by the conservative "Amish" religious sect takes cyclists to the county museum, a harness shop, covered bridges and a trestle bridge.



Partial reprint of early Tri-fold.  
See Bikeways Blog "Bikeways Tri-Fold" on page 18 for the full document.

This month's puzzler...  
How Many RBC Life Members can you name?  
Find the answer upside down on page 12

# Table of Contents

Title	Page
"Way Back" Machine & Teaser Question	Front
Table of Contents	2
Ride Chair News & Pictures	3-4
Myth Busters	5 - 6
Ride of Silence Photos	6
RBC Meetup Q & A's	7
More on Rides	8
2018 Andrew Spiller Challenge Ride & Picnic	9
RBC Flat Tire Clinic	9
Smart Cycling Class	10 - 11
Carrying ID's on Rides	12
Answer to Teaser Question	12
New Members List & Announcements	13
Cycle Massachusetts Bike Tour	14
Tour de Cure	15
Will Haines Invitation for Tour de Cure Riders	16
Bike to Work Lockers	17
Bicycling Blogs	18
Board Meeting Minutes March	19
Seen in Meetup Ride Pictures	19
Member Want Ads	20- 23
Paid Ads	24
Board of Directors	25

## Upcoming Events

### **Board Meeting**

11 June 2018 at 6:30 pm  
*Legacy, 40 Willow Pond Way, Penfield, NY 14526*

### **RBC at the ADK Expo**

09 Jun 2018 at 8:30 AM  
*Mendon Ponds Park - Beach Area*

### **RBC Bicycling Safety Course**

12 Jun 2018 6:00 pm Session 1 of 3  
 16 Jun 2018 1:00 pm Session 2 of 3  
 19 Jun 2018 6:00 pm Session 3 of 3  
 Christ The Good Shepherd Lutheran Church  
 1000 Winton Rd N

### **All About Your Bike**

21 Jun 2018 7:00 pm  
 Christ The Good Shepherd Lutheran Church  
 1000 Winton Rd N

# 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.**

<i>Month</i>	<i>Submission</i>	<i>Deadline</i>	<i>Issue #</i>
March	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 web mail link below. 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?

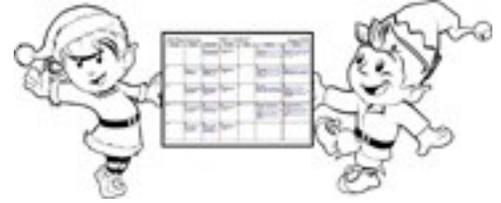
The editor accepts all bicycling related, member submitted articles, photos and artwork for the newsletter. Special consideration is given to RBC related activities, rides, special events and your personal experiences, cycling tips and adventures! Share your stories!

Submit articles to:

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

## Ride Chair News - Pictures

Lots of pent-up demand for riding was on display in May! Many club members and new faces are showing up, now that we've thawed out. Scents of lilac and apple blossoms fill the air and everything is lush. A wide variety of riders enjoyed grand inspiring views while flying over the hills and ridges of WNY on Sea Serpent Special, Rush-Livonia, and Honeoye Falls-Honeoye. On the west side, there was a beautiful spring day reunion with Onno Kluyt on Scottsville-Oatka Trail, a joint ride with Huggers Ski Club on Chili Center-Caledonia, and a not-so-well attended Brrrrrren Swamp (only Will's personal weather station showed up (see Meetup [photo](#)))! Even had SNOW-and-Go's on the first couple of Thursday nights. But, summer is \*FINALLY\* here ... and RBCers are making the most of it ... especially this year!!



Evening rides have also been a lot of fun. On Tuesdays, along with our west side rides, there are now rides from Dryer Park - a beautiful area with a wide variety of terrain. Many thanks to Bonnie and Jason for committing to running those. Wednesdays at Mendon are always a hit, and for those who prefer something a bit more relaxed there are also Supported Rides (SR) every Wednesday evening. These rides are shorter and flatter, and have a sweep. Thursday evening Show & Go rides have a new twist: a second starting location at Penfield Library on Baird Road. \*Many\* new faces are showing up there! Riders start at a moderate pace, and have the option of jumping into the pack as the "big dogs" (who start at Browncroft) roll by. The Show & Go map covers Penfield, Walworth, Macedon and eastern Perinton with a number of ride options, usually decided by the groups when they show up. To round out our weeknights, rides are often added by folks on Monday and Friday evenings.

Pictures from rides can be found [here](#). Please help us by posting ride pics on Meetup. Someone from our Facebook team will grab a few of the best and bring more viewers to the Meetup photo album.

Several events also kicked-off the season. Ride of Silence was held downtown this year ... a \*super\* venue led by Kecia McCullough with an excellent route developed by Richard DeSarra and Scott Wagner through all the neighborhoods. The weather cooperated to make it a beautiful and memorable event ... even Mayor Lovely Warren rode! The Rochester Twilight Criterium also got a last-minute lucky break in the weather for a very exciting set of amateur and pro-level races. The racers always comment on how much they like downtown Rochester for this event. Ride for Missing Children had a beautiful day for their stops at schools and rec centers, most of which are downtown, too!

June: National Donut Day, Father's Day, Summer Solstice, Take Your Dog to Work Day ... and a \*full\* schedule of club rides! From Lake Ontario to the Pennsylvania border, we've got the rides. While at first you might think a ride is too difficult, be sure to check Meetup to see if others of your speed and style are going. Even on the long hilly rides, there are many who do them (or cuts) at a "moderate" touring pace. Give these rides a spin ... you'll be \*very\* glad you did. They are like going on mini cycling vacations!

We enjoy talking with many of you at rides, and in doing so, we have discovered a few things that may be causing folks to hesitate trying different rides. We've gathered these into a separate Myth Busters article in this newsletter. Check it out to see if it helps encourage you to try more of what RBC has to offer.

A few other items also came to our minds while riding with you all:

- Get to rides a little early. Introduce yourself to new faces and help each other find folks to ride with. The leader will try to do this too, but sometimes it gets busy.
- If you have the time and don't mind riding a different speed/style, ride with new folks! It made a world of difference to most of us, so pay it forward if you can.
- Stop occasionally to regroup for others of your pace.
- At the ride start, discuss a break stop. That's a common place where groups meet up again.
- If a ride has more than one length, ask for a show of hands at the start so people know who is doing what.

Reminder for ride leaders: You can shift ride times to adjust for weather! It is best to do this the evening before your ride. Just email [rbcrides@gmail.com](mailto:rbcrides@gmail.com) and we will make the time change prominent in the Meetup title.

Available to ride weekdays? Please consider adding rides for other RBC members to attend. Lots of us love a good excuse to skip chores! See our [Adding Rides](#) webpage for details!

Let's roll into summer! It's about time!

Kathy & Steve

# Ride Pictures



# Myth Busters

I'm enjoying getting to know so many riders. Among other things, I like 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 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.

Continued on the next page >>>

# Myth Busters

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

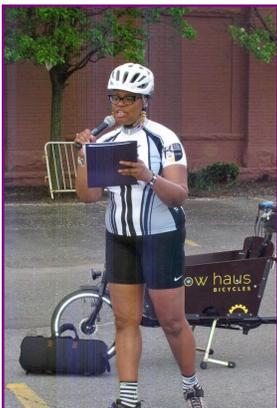
Some have said, I can't keep up, so I just ride with my friends. Hmm...what's wrong with that statement? Each of the people I heard this from know at least six others they enjoy riding with, who ride at their pace. If you all come to the club ride, there is HUGE value – (1) to yourself, because a large 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 seeing you all now that the "rainy season" has ended!*

Kathy

## Ride of Silence Photos



Kecia McCullough



Scott MacRae



Rev. Dixon



Nate Rawls



Father & Child

## RBC Meetup Q & A's

- Q: What's this [RBC Meetup](#) thing? *For heaven's sake, I'm married!*  
*RBC Meetup is our way to communicate about rides. All of the information and discussion for each ride is a Meetup "event". Think of it as the "bulletin board" for rides.*
- Q: I don't want to get too many emails.
- A: You can limit how much you get - nothing, one a week, etc. If you don't want any emails, you can just look at the site to see if there is relevant information. See [here](#) for info on how to reduce Meetup emails.
- Q: Did I hear this can show me who is going to rides?
- A: Yes, people can RSVP to rides. This is helpful to see who will be there. It only takes a few rides to get a sense of who is your speed and style.
- Q: Yikes! RSVP? I don't know what I'm doing until I wake up in the morning!
- A: That's OK, most of us don't know what ride we're doing until the night before or morning of ... so RSVP at that point! If you think you are likely to go to a ride, it is best to RSVP. If something changes, you can easily UN-RSVP.
- Q: I'm just not into RSVP'ing for a bike ride.
- A: You don't have to. But you may find that you really like the concept once you try it.
- Q: I'm pretty private ... not sure I want to have my face or name out there.
- A: You can be pretty low key by using your first name and last initial, or just your initials.
- Q: I'm still a bit timid about using Meetup.
- A: You don't need to be a member of it at all if you just want to look to see communications about rides.
- Q: How do I communicate on it?
- A: Just click on the ride, and write a message. You can also private message others.
- Q: Can I post pictures?
- A: Yes! The beauty is that the pics stay with the ride, and multiple people can add them. The Meetup phone app makes uploading pics super easy.
- Q: Do ride start times or locations ever change (ex: due to weather)?
- A: Yes, leaders are able to change start times to salvage a ride due to weather, so make sure you keep your eyes on the postings if weather is "iffy." If you RSVP to a ride, you can get all communications as they happen for that ride.
- Q: What else can I do?
- A: Some creative leaders have spruced up their ride description, and attendees have written great (and usually funny) "reports" of rides.

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

## More on Rides

### Adding Rides

Many of us are retired and most of us can take days off now and then. Last summer, at least one ride was posted almost daily. Let's get that going again!

If you are a member of RBC Meetup, you can be notified of added rides via email or push notification. Otherwise, keep your eyes on the RBC Meetup schedule.

Rides are added through our [Schedule a Ride](#) page. It is simple to use (and mobile-friendly!) You must be an RBC member to post. See [Adding Rides](#) for more details.

There is no list of rules ...only common courtesy and understanding of ride leader responsibilities and our club. Most folks like weekday rides in the 20-40 mile range, and not too far to drive. In addition to the local ones, there will be some remote challenging rides. Can there be two rides at once? Of course! However, if someone has already posted a ride similar to what you are considering, it is better not to post another. If you think your ride may be a better choice, contact the other ride leader to see if they are willing to change. It is always nice to gather club members to ride together. We may have different speeds and styles, but for many of us, we can change based on who shows up.

**Post a ride, and they will come!**

### Icing on the Cake



We've got a diverse ride schedule ... one of the best in the country! Take a look for yourself at other club web sites.

As rides approach, please consider putting some "icing on the cake" to make them more interesting & fun. (**icing on the cake** means something that makes a good situation even better)

We encourage leaders \*and\* attendees to do this. All you need to do is put a note on the Meetup entry for the ride!

Examples:

- special stops or sites on the route -e.g. cider mill, bakery, ice cream
- tailgates - encourage all to bring a drink and snack for after the ride
- meal stop during or after
- swimming at a lake after
- calling all tandems

### A Picture is Worth a Thousand Words

People love to see people pics. Cyclists love to see cyclist pics!



Almost all of us have smart phones. \*Please\* take a photo or two on the rides you attend and post them to the Meetup entry. It's real easy and one of the greatest advertisements for our club. Someone from our RBC Facebook team will see them and post fun ones to our Facebook page. We're creating a great club-wide album that we can look back on!

# Announcements

## 30th Annual Andrew Spiller Memorial Challenge Ride & Picnic

Saturday, July 21, 2018  
Mendon Ponds Park, East Lodge

**Come out and Challenge Yourself or Just Enjoy Yourself at our Challenge Ride and Picnic on July 21!**

**The Challenge Ride will be held at Mendon Ponds Park.** We have reserved the East Lodge on Canfield Road.

The Challenge Ride will operate from **8 AM Thru 8 PM** enabling the 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 will be offered. Last year's routes (map #'s 427 – 430) were well received and may be offered again. Have other suggestions for routes??? Contact Mark Robbins at [markerino@rochester.rr.com](mailto:markerino@rochester.rr.com).

### **Picnic**

We will gather for a picnic at around 1:30 PM. 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. Any sort of salad or dessert items are popular. Not into hot dogs? Feel free to bring a meat of your choice to grill. After eating you can go out riding again to work off those picnic calories.

### **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. RBC Jerseys and T-shirts will be available for sale.

### **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.

### **Volunteers are Needed**

Volunteers are needed to help with Leading a Ride, Set Up or Clean, and for Grilling. Volunteers earn an invite to the Volunteer Dinner in the fall. If you would like to volunteer or if you have any questions or suggestions (including routes) about the Challenge Ride, please contact Mark at [markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

## Smart Cycling Class -- Harvey Botzman

Cold weather, snow, & night do not deter intrepid RBCers from learning smarter ways of bicycling. Tuesday, April 24<sup>th</sup> was not supposed to be a chilly snowy evening. We were fooled as 9 RBC bicyclists assembled before LAB Certified Smart Cycling Instructors (LCI) Lori Burch and Andy Stewart in the Christ the Good Shepard parking lot. Yes, it was chilly but the bicyclists were well dressed for the weather in long tights, insulated jackets, and warm gloves. They were well prepared for an evening of bicycling with bright lights both front and back, audible signaling devices, and reflective materials all over their clothing and bikes.



In contrast to the normal Smart Cycling course sequence the students began their training by bicycling through and around a series of small obstacles better known as yellow half-tennis balls. Round and round the obstacle course they turned as Lori and Andy encouraged them to center their bicycles between the two half rounds. It takes a bit of handlebar dexterity to negotiate the quick turns to be able



to go to go through the two sets of hemispheres set at right angles to each other. "It's the same process as avoiding snowflakes," the bicyclists shouted.

Warmed by bicycling round and round and round the flat velodrome through obstacles and along the straight lines of parking places everyone moved into the warmer church meeting hall for the information and learning sessions taught by Lori and Andy.



## Important: Always Carry ID When Cycling

Cycling definitely has risks. Most of us have the scars to prove this. It is often overlooked, but ID/contact (and special medical) info are *\*very\** important to have on your person (and on your bike), even on club rides. Face it, you may not be conscious (or even with someone) when that info is most needed. Laminate a card containing such info and carry it with you around your neck or similar. Put another copy in your seat bag. Better yet get a Road ID (or equivalent). Just do it, and *\*use\** it on *\*every\** ride!



Driver's License



Road ID

*commercially available item*

### Teaser Answers: In no particular order.

Jan Bares  
Sigrid Burns  
Marilyn Colby  
Meg Colgan  
Richard Desarra  
Elizabeth Gruner  
Kurt H Kreckel  
Carolyn & Art Kriesen  
Kay McGuire  
Clifford Milner

Ruth & Rich Morrill  
Gene Oliver  
Margie Sabath  
Bary Siegel  
Stan Smiley  
Milan Stolka  
Hank & Carol Walck  
Stan & Elaine Zack  
Louis Zerdoner  
Leon & Sarisa Zoghlin

*Monthly teaser by Dale Vanocker*

*Idea for monthly teaser suggested by Clifford Milner*

Bary Siegel



## Smart Cycling Class -- Andy Stewart

Seven of our members have completed the club's first safety Classes in many years. Some were fairly new to riding and others might be considered very experienced, but we all learned techniques and skills that will see us ride with new awareness and abilities.

When I accepted the role of the club's Educational Director this type of instruction was high on my list of goals. But I don't have the training to teach a well thought out and proven class. Hence the lesser clinic topics that have been offered till now. A few years ago the RBC board decided to sponsor up to six people in becoming League of American Bicyclists Safe Cycling Instructors. This took some time to actually occur and the result is that we now have League Certified Instructors offering various classes throughout our community. Lori Birch is one, and a RBC member, who achieved this certification and offered to lead RBC Safe Cycling clinics. While a number of members helped in this effort Richard DeSarra and Brad Jensen are two who are to be thanked for their help in achieving these classes .



On April 24<sup>th</sup> the first class met and Lori led us through basic bike riding skill sessions. Many would find it surprising how many riders don't have solid starting up or stopping coordination. Our group displayed some awkward moments. But after practice most got smoother and seemed to better understand the dynamics at play. This played out again as we progressed to other skills. Soon the outdoor session was over and we went in for a discussion of many riding facts and guidelines, ending with what every well prepared cyclist should carry.

The following Saturday's Class 2 was rained out and we rescheduled for the Tuesday and Wednesday after (as some had commitments). Both nights saw great weather and the advancing skills of

avoidance techniques along with quick stops. My favorite was the slow "race" we had from one end of the parking lot to the other. I've always said that if you can't go slow well you shouldn't be going fast ever. Again we returned to the church's insides for more traffic tips, reviews of what we had experienced and a Q&A session. We shared our stories about our riding situations. Mine was about that very Tuesday not taking a car driver's "considerate" wave on, as I was signaling to turn left across them, and how the car behind them started to move around the lead car to turn right onto the street I was planning to turn left on to too.

All told I think the students learned a lot about basic bike handling (and now know what they don't do well at) and how to better read and position themselves within the lanes of traffic. Even with my own extensive reading about this stuff I learned a few tid bits too.

The next set of Safety Classes are in June, hope to see some of you then. Andy



## Announcements

### **Welcome to our New or Returning Members as of May 27, 2018**

Rob Begy  
Deborah Carr  
Douglas Cline  
Anamaria Cole  
Rick Ermer  
Staci Evans  
Leslie Everett  
Kenneth Fisher  
Jim Fitch  
Paulette Lantuh  
Alexander Lantuh  
David Malucci  
Elizabeth Mayewski  
Henry McCartney

Loron Oster  
Charlie Oster  
John B Oster  
Samantha Oster  
Chris Pollock  
Isaac Pollock  
Kevin Rhatigan  
Andy Ruestow  
Richard Satterlee  
Donna Satterlee  
Aditya Shetty  
Karen Stone



### **Needed for 2019**

### **Humorous Awards Ideas**

The Awards Committee is always in need of awards for our 2019 Spring Banquet. We also like to recognize people who go way “above and beyond”.

So when you’re 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](mailto:bkjensen99@yahoo.com)

I’ll take it from there...

## **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 for renting the cases and the bike and rental sign-up agreement can be found on our website:

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



# Cycle Massachusetts State Bike Tour

*“The Friendliest Ride In The East”*

*August 4th – 10th, 2018*

[Click here to Register >>> REGISTRATION PAGE](#)

Check out our [Bicycle Club Challenge](#) where everybody wins.  
Vote for or see the [Favorite Places to Ride in Massachusetts](#).

The State Bike Tour is our signature event and the only week-long tour in Massachusetts. And of course, it is The Friendliest Ride In The East

## Special for 2018

We'll [Discover Central Massachusetts](#) as we ride a loop between Amherst and Worcester.

Starting and ending in Amherst – The area is home to five colleges and thriving, hip communities of [Amherst](#) and [Northampton](#).

Worcester host location – Home of [Major Taylor](#) and the [Worcester Art Museum](#). We'll be planning for visits while you are there.

- Only 3 move days.
- Planning for off bike activities is in process.
- [Ridewithgps](#) files for their turn by turn audible smartphone app available to all.

## Family Friendly Weekend

We want families to enjoy the fun, so we have a special option for them.

- Children 11 and under are free
- Rides will be less than 25 miles
- All rides will have ride leaders so you are all well taken care of
- Afternoon games and special treats.
- Family oriented evening activity on Saturday.

## About Our Tour

Each year we explore different parts of the state and sometimes venture into neighboring states. We are continually trying out new ideas without giving up any of the things people love about us.

This year, we are adding a new rider reception, so you can get to know some of our friendly volunteers, a few old timers and others who are new to Cycle Massachusetts. We welcome eBikes, and we've got other ideas in the works.

We ride through mostly rural areas with quiet roads, so you can experience forest and farms and our quaint New England villages.

Many people are surprised to find out how hilly our state can be. But we try to keep things mellow while also providing options for people to stretch themselves. And just in case you aren't up to riding all of a day's route, your registration includes our Headstart Drop-Off Service which will allow you to start up to 20 miles into the route.

Overnight accommodations are usually at schools. We stay two nights each at three different schools; a private school, a small liberal arts college, and a pretty public school with a nearby brewery and lots of outdoor activities.

We know how much you value good food and we aim to please with delicious breakfasts and dinners every day.

[Click here](#) for lots more information about the State Bike Tour



Always enough time to stop for coffee, beer, lunch...

## ***RBC Will Have a Tour de Cure Team!***



This year, for the first time, **RBC will have a Tour de Cure Team!** You're invited to join us to represent Rochester Bicycling Club at the largest cycling event in our area. (The Rochester Tour de Cure is the #1 Tour in the country, with over 2,000 participants.)

The date is **Saturday June 9, 2018**. For more information, our team page is [diabetes.org/rbc](http://diabetes.org/rbc) .

- It's a great cause, and by participating, you can make a difference. There are more than 30 million people in the US who live with diabetes every day. Funds raised are used for research, education, advocacy, parent support, summer camp and more.
- There is a ride for everyone - routes of 3, 15, 25, 40, 62 and 100 miles. Choose your pace. It's not a race.
- To help you prepare, there are training rides each week. Now that the snow has stopped, the outdoor ones are starting! (RBC rides are great training, but there is another whole set of rides that bring folks from many local teams together.)
- At this time, the RBC team is among the top 10 teams in our category, and....we have a shot at being the "Rookie Team of the Year!" The team is growing...let's do this!

Never been part of the Tour? Here is a great video from 2016 to get a sense of what Tour Day looks like: <https://www.youtube.com/watch?v=Hj1v5lcTBWA&t=146s>

What do you need to do? Go to the RBC team web site at <http://diabetes.org/rbc> and join the team. The event registration is \$25 and each participant needs to raise \$200 in donations. Your team captains are here to help guide you through the process. The Manning & Napier Tour de Cure has its own character and style. You'll start and end on the Xerox Complex in Webster and travel through gorgeous scenery along Lake Ontario. It offers a memorable post-ride experience highlighting our local flavor. No matter how you enjoy Tour de Cure, you are in for a memorable event for a great cause. Choose your move – ride, walk, or run – and know that every mile helps make a difference. Each route and activity is fully supported with rest stops, support vehicles and more. Reach out to Bonnie McLean or Todd Calvin:

**Bonnie Mac Lean:** [bonniesmaclean@gmail.com](mailto:bonniesmaclean@gmail.com),

**Todd Calvin:** [tcalvin001@hotmail.com](mailto:tcalvin001@hotmail.com)

## Announcements

### I Can Ride (*With a Little Help From My Friends*)



RBC friends, I've decided in July 2018 to challenge myself and ride in a bucket-list event. It is the 7-day 550 mile New England Classic Tour de Cure. Yes, for 7 consecutive days I can be a part of a group of cyclists riding for the American Diabetes Association. The 550 mile trek starts north of Boston, then tours New Hampshire, Maine, Vermont, and Massachusetts.

In order to ride in this event, I need to raise \$2,700 for the ADA -- needless to say I will need, as the Beatles song goes, *a little help from my friends*, to fundraise this amount. Any donation is welcome, and can add up to me having the ride of my life!

I offer you the opportunity to sponsor my 550 mile odyssey - please consider making an online donation to this worthy cause, and send me to the New England Classic in 2018. <http://main.diabetes.org/goto/wilhaines>

Thank you for your consideration,  
Will Haines, RBC member

American Diabetes Association.  
**Tour de Cure**

### UPDATE:

A cyclist wearing a red jacket, black cycling pants, a red helmet, and sunglasses is riding a red road bicycle on a paved road. The background shows a rural landscape with green fields, a barn, and silos under a clear blue sky.

**We did it!**  
**\$2,700 raised for ADA!**

**Thanks to all  
who are  
sending me  
to the  
7 day 550 mile  
New England Classic  
July 14th!**

2018 Tour de Cure:  
**NEW ENGLAND CLASSIC**  
JULY 14-15 • 150 MILES JULY 16-20 • 500 MILES

**TOUR de CURE** American  
Diabetes Association.  
*Are you up to the challenge?*  
[www.diabetes.org/nec](http://www.diabetes.org/nec)

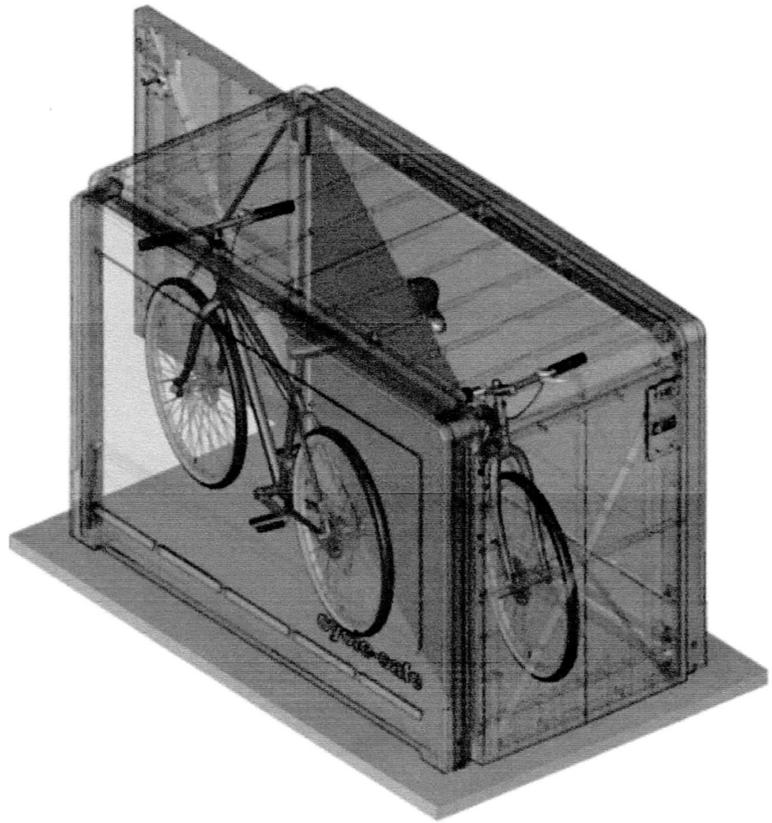
# Bike to Work



# BikeTo Work

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

<b>Apr 1 – Nov 30</b> Three-Seasons \$40	<b>Dec 1 – Mar 31</b> Winter \$20	<b>Apr 1 – Mar 31</b> All Year \$50
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To rent one, contact **Bruce Wilbur**, City of Rochester Bureau of Parking 585-428-6587  
Or Email [bruce.wilbur@cityofrochester.gov](mailto:bruce.wilbur@cityofrochester.gov)

<http://www.cityofrochester.gov/parking/bycycles/>

Have you seen a bicycling video clip that you would like to post here? Send it to:  
[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

### Brian Managan: *My 2018 Tours*

[Colorado-Utah Inn-to-Inn II](#)

[The North Star II](#)

### Bikeways Tri-Fold - [Click here](#)

mentioned in the June 2018 Newsletter

### TS 101 Class Information and Photos

On Facebook: Rochester Bicycling Club

### The Geek Cyclist - *3 Ways to Stay Safe on the Road*

<https://www.thegeekcyclist.com/tips/bicycle-safety-tips/>

### Granite State Wheelmen - <http://bit.ly/2gNolvw>

### Map My Ride - <http://mapmyride.com>

An advanced ride mapping program site

### Miler Meter - <http://www..gmap-pedometer.com>

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

Add your blog here or send me a favorite one (with a description) by sending it to:  
[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# **Board Meeting Minutes**



## **Rochester Bicycling Club Board of Directors Regular Meeting: March 12, 2018**

The May meeting was cancelled. April notes will be posted when approved by the Board of Directors.

## **More Ride Pictures**

### **Pultneyville Promenade - June 2, 2018**



# Members Ads

## CANNONDALE SYNAPSE CARBON

**\$1,200**

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 Derailleurs	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 Cassette	Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition (See Pictures)  
Pedals not included



**Call 585 202 9763**

## For Sale

### Trek 7200 WSD

16" Women's Hybrid, 8-speed.  
Showroom New (<50 original miles),  
Peacock color.  
Lists at \$540;  
Asking \$300, incl.  
wireless computer  
Call (585) 752-8027  
View Specs at:

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



## For Sale

Homemade short wheelbase recumbent bike and carrier with many accessories.

Reduced price \$95.00  
Call Larry Johnson

315-524-8244

The carrier is worth the price. Bag was \$75.00



## For Sale

### Panniers:

Red: Arkel "Bug;" Grey: Arkel "Commuter"

Yes I have toured & commuted with them.  
~1600 cu. in./25 L each.

The Bug becomes a back pack & has a place for your helmet on the front. They are a bit too big to use on my foldie.

These are 1000D Cordora Nylon sprayed with Scotch guard & I'll include a large ZipLoc bag to make what you are carrying water resistant/proof.

New \$189 each. These wonderful panniers are now used & the bottom price is \$50.00 each.

Call or text Harvey Botzman: (585) 363-0310; email: [harvey.botzman@gmail.com](mailto:harvey.botzman@gmail.com)



### FOR SALE:

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

Components are a mix of Dura-Ace and Ultegra.

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

Contact for questions is David Snyder, 943-4050.

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

Asking \$1,100 / OBO

## Members Ads

### For Sale

#### '09 Parlee Z1 (55cm/56cm)

Full Campy 11 speed Super Record mechanical group

Lightweight Wheel-set (new rear wheel, ceramic bearings, w/skewers and wheel-bag)

Enve fork

Thompson Masterpiece seat post

Thompson stem

3 Cassettes: 11-25, 12-27, 12-29

All Boxes

Original FSA Compact Chainrings

Rotor chainrings

FSA crankset (172.5mm)

SRM Meter and head

Not included: Saddle, Pedals.

Less than 750 miles on complete bike

\$3,500.00

If I part it out it is as follows:

Lightweight Wheel-set: \$2,000.00

SRM Power meter: \$500.00

Complete drivetrain: \$500.00

Frame, fork, headset: \$1,500.00

Kevin Buja



### For Sale

#### '96 BOSTON Merlin Extra light (56cm)

complete Campy outfit (wheel set, groupo, 172.5 carbon crank, seat post)

Record 10 speed group w/2 cassettes (12-25,13-29) w/2 inner chainrings (39/42)

Eurus G3 wheel set (wheelbase and skewers)

Complete minus pedals

\$1,000

Kevin Buja



### For Sale

'13 Cologno single speed (54cm higher bottom bracket)

Vintage 70's Campy Record Brake set

White Industries hubs

White Industries 18 pawl (track pawl) freewheel 18t

White Industries 17t fixed gear

42t Campy chainring

Mavic tubular rims

\$500

Kevin Buja

[kpbuja@gmail.com](mailto:kpbuja@gmail.com)



## Members Ads

### For Sale:

#### Specialized Roubaix Expert 56cm.

(should fit height 5'8" to 6'0".)

Full carbon frame, fork, seat post.

Triple chainrings, 10 gear cassette. 12-28.

Shimano Ultegra components.

Continental tires (fairly new).

Aero bars, 2 carbon bottle cages, pump.

Speedplay pedals, Cateye computer, mirror. *Very good condition.*

MSRP \$3300. **Asking \$1000.**

Call G. Mitchell 585-621-1906

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



### For Sale:

#### BMC Pro Machine Carbon Tour de France level race bike.

Ten Speed SRAM Red/Force components.

Compact 50-34 and 11-36 mountain derailleur or standard Force 11-28 rear derailleur.

Size 52 Frame.

Bike weight under 18 pounds.

**Price \$1295.** Retail value about \$4,500.

Contact Steve Sussman:

732-763-0784



## FOR SALE

Used Bicycle Clothing:

Jerseys – short sleeve and long sleeve.

Shorts, tights, socks.

Booties, toe warmers.

Size medium or large.

Cateye multimode rear light.

Very reasonably priced

Call G. Mitchell: 585-621-1906

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

## Got an Extra Bike to Sell?...

*Turn some unused equipment into  
CASH!*

*send it to*

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

# Members Ads

## For Sale

Please help me get this stuff out of my basement; maybe to your garage or basement.

Better yet, maybe this Yakima roof rack parts will fit your vehicle. Included are fittings for car roofs with and without gutters. Also, included is a set to hold winter skis.

For a generous donation to the Tour de Cure, (bring me your check payable to the American Diabetes Association), you get the privilege of ridding my basement of this stuff.

Richard DeSarra

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

585.461.5363 (home)



## For Sale

### LONG WHEELBASE RECUMBENT BIKES

#### 1. Rans Stratus XP

-color red, aluminum frame, SRAM X9 components, with computer and kickstand. Very good condition and well maintained. Asking \$1400

#### 2. Rans Xtreme

-color yellow,, SRAM X7 components, with computer and kickstand. only 300 miles of use, and well maintained. Asking \$1700

**NOTE: PRICES ARE NEGOTIABLE ON ALL ITEMS\***

**ACCESSORIES FOR SALE**-2 bike hitch rack for recumbents (Asking \$300)



**Contact:** The Bicycle Man at 21 Alfred Station, NY

607-587-8835 Wed-Sat 10am - 6pm

[bicycleman](http://bicycleman.com)

## For Sale

### Rans Screamer Sport Recumbent Tandem.

Excellent Condition, Independent Pedaling System, New Tires, about 2,000 miles.

\$3500.

**Contact Dave Hurd at**

[alberthurd@icloud.com](mailto:alberthurd@icloud.com)

585-493-5751 Home - 585-322-6319 Cell



## ***RENT THIS SPACE!***

Simply send me a copy of the ad sized as in the information below, then go to the [rochesterbicyclingclub.org](http://rochesterbicyclingclub.org) website, and below the banner click on "News and Events", then select "Place a Newsletter Ad" and follow the instructions, which include the various methods for prepaying for the ad .

## ***RENT THIS SPACE!***

### ***Show us your Business Ad!***

Rates are:

\$10.00 1/4 Page (of 8-1/2 x 11)

\$15.00 1/2 Page

\$25.00 Full Page

The Full Page Area is: 8" W x 9.5" H

The 1/2 Page Area is: 8" W x 3-7/8" H OR 4-5/8" W x 9.5" H

The 1/4 Page Area is: 3-7/8" W x 4-5/8" H

<<< Instructions on placing Ad are to the left on this page!

# 2017 RBC Board of Directors

**Red Titles are Voting Members**

**Blue Titles are non-voting members**

## **Officers: (Voting)**

### **President**

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

### **Vice President**

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

### **Secretary**

Paul Knerr  
330-8374  
[paul@e-knerr.com](mailto:paul@e-knerr.com)

### **Treasurer**

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

## **Directors: (Voting)**

### **Education**

Andy Stewart  
442-7788  
[onetenth@earthlink.net](mailto:onetenth@earthlink.net)

### **Maps**

Otto Muller-Girard  
330-9593  
[ottomg@rochester.rr.com](mailto:ottomg@rochester.rr.com)

### **Membership**

Kathy Riegel  
789-1741  
[kriegel2@gmail.com](mailto:kriegel2@gmail.com)

### **Newsletter Editor**

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

### **Publicity**

Mark Robbins (Acting)  
469-5729  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

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

### **Rides**

Steve Riegel  
789-1741  
[rbcrides@gmail.com](mailto:rbcrides@gmail.com)

### **Immediate Past President**

Mark Robbins  
469-5729  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

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

Bill Lebbon  
787-7576  
[encodertwo@yahoo.com](mailto:encodertwo@yahoo.com)

Nancy Rohlin  
(315) 331-8835  
[rohlinalong@yahoo.com](mailto:rohlinalong@yahoo.com)

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

### **Awards**

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

### **CD Publisher**

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

### **Road & Trail Advocacy**

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

### **Supported Rides**

Ken Hansen  
509-3725  
[kenkj1@yahoo.com](mailto:kenkj1@yahoo.com)

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

### **Sweep Rides**

John Yunits  
3038474  
[johnnyyunits59@gmail.com](mailto:johnnyyunits59@gmail.com)

### **Web Site**

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

### **Bike Cases**

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

### **Winter Meeting**

Brian Managan  
No phone  
[brian@bcmbike.net](mailto:brian@bcmbike.net)

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

### **Librarian**

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

### **LAB Touring**

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

### **Legal**

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