



The Flower City Cyclist

Rochester Bicycling Club



Welcome

Welcome to The Flower City Cyclist, Rochester Bicycling Club's newsletter! The newsletter is our way of informing you about upcoming events, ride information, and other cycling-related information.

Enjoy the read!

Upcoming Events

Spring Kickoff Banquet and Ride

Saturday April 6, 2019
2:00 pm: Ride | 5:00 pm: Socializing | 5:30 pm:
Potluck Dinner | Awards Ceremony (following dinner)
Dolomite Lodge | 1628 Jackson Rd, Penfield

Board Meeting

Monday April 8, 2019 | 6:30 pm
Legacy at Willow Pond | 40 Willow Pond Way,
Penfield

Flat Tire Clinic

Tuesday April 9, 2019 | 7:30 pm
Penfield Rec Center | 1985 Baird Rd, Penfield

Flat Tire Clinic

Thursday April 25, 2019 | 7:30 pm
Penfield Rec Center | 1985 Baird Rd, Penfield

Bike Tour of Deer Haven Park and the Seneca Army Depot

Saturday April 27, 2019 | 8:30 am to 10:30 am
SWD Welcome Center | 5479 State Road 96A,
Romulus NY 14541

Our Mission

- * Teach and promote bicycling for transportation, recreation, and health.
- * Preserve and proclaim the rights of bicyclists as vehicle operators.
- * 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.

Newsletter Publications

The newsletter contains 10 issues. March through October, the newsletter is published monthly. November to February, only 2 issues are published.

To submit an article, a photo, information about special events, or any other cycling-related information to be included in the newsletter, email them to rbcnews19@gmail.com.

The submission deadline is the 24th of the previous month. For the November/December issue, the deadline is October 24 and for the January/February issue, the deadline is December 24.

To view previous issues, visit the [Newsletters](#) section of the RBC website.





Thank You Dale!

We would like to extend a big thank you to Dale Vanocker for the 13 years of his role as the RBC Newsletter Editor. In addition to the monthly newsletters, he was instrumental in creating special publications for the club's 40th and 50th anniversaries.

Dale joined the club in 1998 and two years later took a position on the RBC board as a Member At Large. After that, he served in roles of Secretary, Vice President, and President. Another long term board member stated "He was always willing to add his opinion on most subjects during a board meeting...he made sure we looked at an issue on all angles."

His knowledge and experience in the club was an asset when he became Newsletter Editor in 2006. "Dale had great dedication to the club and to producing a fine newsletter for a long time. He worked on making our newsletter relevant." One of our "eagle eye" proofreaders pointed out his patience and kind disposition. "He always responded with "thank you." When I did finally see him and would mention something about the number of times I sent something back to him, he would always respond with something like "Not a problem" or "I don't mind at all" and I could tell he really meant it."

As Dale transitions this work to others, he respectfully shares insight and wisdom, showing concern about what may be important to readers.

Dale was named RBC Life Member in 2018, a recognition given based on years of membership along with contributions to the club and the cycling community.

If you run into Dale at an event, consider giving him a handshake or acknowledgment for all that he has done for RBC! After 19 years as a board member, maybe saying "Happy Retirement" is appropriate.



Advertising

RBC members can advertise in the newsletter for free for one month. RBC members are also encouraged to advertise in the [Classified Ads](#) section of the RBC website, which is a more active way of advertising.

For non-RBC member, the rates are as follows:

1/4 page: \$10 (free for bike shops)
1/2 page: \$15
Full page: \$25

To advertise in the newsletter, submit your ad to rbcnews19@gmail.com. To submit your payment, from the [RBC Website](#) and click **News | Place a Newsletter Ad** and follow the instructions located on the [Place a Newsletter Ad](#) page.

The submission deadline is the 24th of the previous month. For the November/December issue, the deadline is October 24 and for the January/February issue, the deadline is December 24.



From the President

Hello, I'm Paul Knerr, the current President of RBC. Many of you already know me, but for those who don't, let me tell a bit about myself. I joined the RBC around 1992. I was encouraged to join by the late Dick Burns, with whom I worked with. Dick was instrumental in teaching me the importance of wearing a helmet and safe riding techniques. During this decade, I mostly commuted to work and joined weekend club rides.



During the 2000's, I significantly increased my distance and the number of rides with the club. This resulted in becoming the RBC Ride Chair from 2004 through 2006. During this time, I solidified the Wednesday rides from Mendon Ponds, started Fast Friends Fridays, and went on longer rides from Dansville, Geneseo, and Bath. I also encouraged after ride gatherings and tailgate picnics. In 2006, I joined the Genesee Valley Cycling Club and started racing bicycles. This included road, cyclocross, and mountain bikes. I retired from amateur racing in 2012 and started mountain biking more and got involved in building trails. This culminated in receiving the RBC's Waldo Nielsen award for trail advocacy in 2016. In 2017, I re-joined the RBC board as Secretary and served in that position until 2018. So that is how I got here, but let's look ahead at what is coming for this year.

The RBC has a rich history. The club has adapted and changed with the times. I see this as a continuing process. The use of online tools such as RideWithGPS and RBC Meetup will continue. Next week is the Spring Awards Banquet, which is when we celebrate last year's accomplishments and look forward to a new year of cycling as well as reacquaint with cycling friends and plan this year's adventures. We are also planning a Member Mingle, which is a great avenue to get to know people off the bike. We are already planning the Andrew Spiller Memorial Challenge ride, our annual summer get together. We ride, picnic, and have a lot of fun. I have looked ahead at the ride calendar put together by our Ride Chair, Steve Riegel. There are so many exciting and challenging rides! Then there are events and charity rides. Mark your calendar and get out there and ride.

I look forward to seeing and talking with many of you this season.

Welcome New and Returning RBC Members!

- * Wendy Falcone
- * Karen Finlayson
- * Quentin Howe
- * Paul Howe
- * Stella Howe
- * Chad Hulbert
- * Steven Levitsky
- * Sonia Lupien
- * Thomas O'Brien
- * Andrea Paley
- * Michael Schell
- * Rick Slattery
- * Jeff Steffen
- * Ed Wall
- * Marie White





Ride Chair Corner

Winter. Will. End.

Our ride schedule ramps up quickly this year... weekday evening rides begin next week!! You can find the fridge calendar on the [RBC website](#). Thanks a million to the over 70 different leaders who have committed to covering the rides! Bonnie MacLean, Otto Muller-Girard, Dave Ennis, Bob Pittrof, Jay Rachfal, Larry Simpson, Mike Lutz each took 8 or more rides! Kudos!

Since our new newsletter is chock-full of stuff, I just want to re-emphasize a couple key things as we begin riding:

Safety Mindset

It is especially important to heighten our awareness of safety as we begin our season. For me, there are two main things to keep in mind:

1. Pay attention/anticipate everything going on around you.
2. Be predictable to others (riders, drivers, and pedestrians).

Use a mirror (I like Third Eye helmet mirrors) to continuously scan behind and around you (every few seconds) and be ready to stop conversations to fully focus on a developing situation. Don't follow others too closely... you need time to react! Be very aware of how you look to other riders and drivers, and what your actions are communicating. I often imagine being in the driver's seat of vehicles around me (not only behind, but from side streets and opposite/turning lanes). What do I want them to see that clearly indicates what I expect to do? Even if we have the "right of way", it is sometimes better to hold until the next opportunity. Make eye contact and avoid ambiguous signaling and actions. We all (riders and drivers) make mistakes judging intentions, speeds, and clearance when we are flowing along. Communication is key.

RBC Meetup

As most of you know, our ride calendar is on [RBC Meetup](#). Maps, electronic routes, exact start locations, and any changes or comments for specific rides can be seen there. We strongly encourage you to use RBC Meetup and RSVP for rides you plan to attend (incredibly helpful to leaders and attendees). Folks post up-to-date road conditions, detours/adjustments, groups doing shorter/longer routes, places to stop, and even post-ride socializing/bite-to-eat ideas. Once in a while, start time changes may happen due to weather. RBC Meetup is also the place to post pics... please do so if you can, it's easy and really shows how great our rides are!

I look forward to seeing you on the road!





Post a Ride

All RBC members can post rides. A ride can be posted as long as an existing ride does not already exist on the calendar. Keep this in mind in case the weather is nice before the scheduled rides start.

Rides can be posted via the [Schedule a Ride](#) page on the RBC website. It is simple to use (and mobile-friendly!). You must be an RBC member to post (refer to [Adding Rides](#) for more information). If you are an RBC Meetup member, you can be notified of added rides via email or push notification on your smart phone. You can also check the RBC Meetup schedule.

Most folks like weekday rides in the 20-40 mile range and not too far to drive. In addition to the local ones, some remote challenging rides also exist. Are two rides that occur at the same time allowed? 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.

RBC Rides Philosophy

As we begin the season, keep in mind that RBC is primarily a recreational riding club, focusing more on scenic exploration (originally called "bike hikes"), rather than performance. Fitness is a natural by-product.

Riders of all abilities are welcome on our rides. Some will be more "spirited" while others are "laid-back". All share the joy of cycling. The goal is that everyone has a good time, even with different speeds and styles, discovering and riding with folks who enjoy the same kinds of rides. We all celebrate sharing the scenes and happenings along the way on beautiful days!

Ride Photos

Everyone loves to look at photos!



Almost all of us have smart phones. Capture a photo or two during the rides that you attend and post them to the RBC Meetup ride entry. It is easy and one of the greatest advertisements for our club. The same photos can also be shared on the RBC Facebook page by one of our RBC Facebook team.

We are creating a great club-wide album that we can enjoy for years!





Making Rides More Fun

We have a diverse ride schedule... one of the best in the country! Take a look at other club web sites to compare.

As rides approach, consider making them more fun by suggesting activities such as:

- * Special stops or sites on the route (e.g., cider mill, bakery, ice cream).
- * Tailgates (encourage all to bring après ride drink and snack).
- * Meal stop during or after the ride.
- * Swimming at a lake after the ride.
- * Calling all tandems.

All leaders and attendees are encouraged. Just add a note on the RBC Meetup entry for the ride!

Active Transportation Summit

[Common Ground Health](#) is pleased to offer to our community the third Active Transportation Summit on Thursday, May 23rd, 2019, at The Rochester Riverside Hotel. This year's theme, Ideas into Motion, builds on the work accomplished since the last summit that was held in 2013.

The Summit is a forum for a unique crossroads of professionals and activists from multiple sectors to convene and collaborate to advance active transportation and recreation opportunities for people of all ages and abilities across the Finger Lakes Region.

Our keynote address will be delivered by Mark Fenton, a dynamic speaker and public health, planning, and transportation consultant to communities around the country. Mark is a Brockport local and has worked with many municipalities across upstate New York. In line with our theme of getting people moving, Mark will also be conducting a walk audit with some of the conference attendees during a breakout session.

[Registration](#) includes breakfast and lunch. Online registration ends May 12.

RideWithGPS Voice Turn-by-Turn

Many of you have taken advantage of our RideWithGPS routes and navigation. That's great!

For those of you who are not Garmin users, you can have audible turn-by-turn navigation using your smartphone! This RideWithGPS premium feature is available to paid RBC members for RBC routes.

If you want smartphone turn-by-turn navigation, you:

- * Only need a free RWGPS account and not a paid "basic" or "premium" account.
- * Must enable your RWGPS account to download and perform turn-by-turn navigation of RBC routes via this [link](#).

If you do not already have an RWGPS account, the invite link will prompt you to create one. **Again, you only need a free account**, so click past the offers to upgrade to the basic or premium accounts.

Visit [RBC RideWithGPS](#) to view routes for RBC rides. Refer to the [RWGPS section](#) of the RBC website for more hints and tips.





What is New With RBC Maps

Hi fellow RBC members. Spring is upon us and with some luck you will have a ride or two under your belts before you read this. If not, I am sure you are anxious to get out and ride. One of the benefits of RBC membership is the RBC mapset.

When I joined the club back in 2004 it was one of the things that brought me in. I was a new rider and was looking for routes to ride. I was blown away by some of the really sweet routes and I met a lot of wonderful folks on RBC rides who are now life long friends. I am not new to the RBC board having served in the past as a member at large and as Rides Director. Now after being off the board for a few years I am now pleased to be the Maps Director and the steward of this wonderful resource.



New and Revised Maps

Over the winter, there has been a great deal of activity in revising and creating maps. The following 9 maps are new for the 2019 riding season:

- * 433 Graveyard Shift Part Deux
- * 434 Palmyra Loop
- * 435 Avon Amble
- * 436 The Lake, The Park and Other Things
- * 438 Atlanta-Towlesville
- * 439 Chase Farms
- * 440 Show and Go Penfield Library
- * 441 Marion Meander
- * 442 Apple Shed

In addition, 23 existing maps have been revised for 2019. For each new map or revision, a RideWithGPS route is also created, an additional club benefit to help you have a great ride experience (more on that later). I want to thank RBC member Brian Pack who has faithfully helped me to get all this work done.

Accessing RBC Maps

With so many new and revised maps, it is more important than ever to make sure that you are using the latest map or RWGPS route. I know many of you have maps and GPS tracks from old RBC CDs or past downloads from the website.

The best way to get the latest map is to use the RBC Maps database on the [RBC website](#). The database is sortable by route number, start town, and start location as well as length, climbing, and revision date so it is easy for you to find the right map for your need. Map revisions can happen at any time so it is best to get in the habit of using the database to get your maps as you need them. Alternatively, you can use [RBC Meetup](#), another great RBC benefit, to access the map(s). Any RBC Meetup event links directly to the maps database.



To access the database, once you log into the [RBC website](#), click **MEMBERS AREA | MAPS** and then click **FIND a RBC MAP**.

A sortable database page displays. The underlined items in the top/header row are the various ways to sort the database. You always get the latest map this way. To sort the database, click on one of the underlined items in the header row. Clicking the route number in the left most column opens the actual map, which you can print or download to your computer.

Click on the column heading to sort by that column
 Click on the Map # to view and print the map. Many map files also contain cue sheets.
 Gpx files are now available only on the RBC RideWith GPS site
 Check the map for exact ride start location. Many maps have cuts.
 Vertical gains are just one measure of difficulty. They were generated from a variety of sources. Your results may vary.

| Map# | Name | Rating | Dist (miles) | Vert. (ft) | ft/Mile | Ride Date | Starts At | Town/Start | County/Start | Creator | Latest Version |
|------|-----------------------------------|----------------|--------------|------------|---------|-----------|---------------------------------|-------------|--------------|----------------|----------------|
| 001 | Northampton Park - Caledonia | 04-Small Hills | 35 | 995 | 28 | 001 | Northampton Pl - Hubbell Rd | Sweden | Monroe | Bob Winzer | 2018 |
| 002 | Webster Bikeride | 02-Rolling | 56 | 375 | 23 | 002 | Webster Pl - Holt & Lake | Webster | Monroe | Bob Winzer | 2003 |
| 003 | Northwest Lake Ride | 01-Flat | 17 | 880 | 23 | 003 | Island Cottage & Edgemere | Greene | Monroe | Steve Friedman | 2008 |
| 004 | Manitou Beach Ride | 01-Flat | 28 | 675 | 24 | 004 | Ridgeman Plaza | Greene | Monroe | Nick Holzer | 2016 |
| 005 | Genesee Valley Pl - RT - MCC | 01-Flat | 15 | 300 | 20 | 005 | Genesee Valley Sports Complex | Rochester | Monroe | Jim Montgomery | 2009 |
| 006 | Optim - Spencerport - Churchville | 02-Rolling | 29 | 775 | 27 | 006 | Churchville Park | Churchville | Monroe | Frank McGuire | 2012 |
| 007 | Scottsville - Cedar Springs | 02-Rolling | 19 | 520 | 27 | 007 | Union Presb. Church - Brown Ave | Scottsville | Monroe | Bob Winzer | 2018 |
| 008 | Honeoye - Springwater | 06-Very Hilly | 31 | 2920 | 94 | 008 | Honeoye Central School | Honeoye | Dutario | Jim Montgomery | 2001 |



How to Request Map Work

Thanks go to all the folks who generate our routes and more thanks to those who offer suggestions to improve them or point changes in road conditions. Invariably, we need to make new maps or update them to keep up with the changes to parking or the roads we ride. You are encouraged to submit map requests as the need arises. We have developed procedure and guidelines, which outlines how to submit a map. They have been included in the [RBC Maps Materials](#) section of the RBC website. Click **Map Request Procedure and Guidelines** to view the [Map and Route Request Procedure and Guidelines document](#), which includes information about requesting map work as well as link to the [electronic form](#) where you can register your request.



RideWithGPS (RWGPS)

RWGPS is another great club benefit. Nearly all of the routes in the club mapset are also available as GPS data on the RWGPS website. Another advantage to RWGPS is that route changes are easy to make. If during the riding season we need to change a route due to road construction or some other problem, we can do it quickly and easily with RWGPS. That is not the case with the PDF maps in the RBC mapset. RBC Meetup also links to the RWGPS routes so that is another easy way to access the route data you need, PDF map or RWGPS GPS data.

Thank you for being an RBC member! Feel free to contact me (RBCMaps@gmail.com) if you have any map related questions.





RBC Safety

One of the rules we learn early on is that what goes up must come down. It applies to cyclists too and we are not talking about hills. We learn from our falls. Some say there is more to gain when we stumble – the School of Hard Knocks. But who really wants to fall down if we can avoid it?

A Safety Committee exists to review incidents and recommend steps to promote safe cycling. The committee has an Incident Report to enable us to collect data. We encourage you to report any incident on this form whether you are involved in or are a witness to a crash, close call, or run-in with another cyclist, a motor vehicle, a pedestrian, or have seen potentially dangerous cycling behavior. The Safety Committee will review to determine “teachable moments.” Any references in reports will be anonymous. Look for pertinent topics in the Newsletter, on RBC social media, and in our clinic offerings. The [Incident Report](#) and [guidelines](#) for completing the report are available on the RBC website in the [Incident Reporting](#) section.

Did you know that the RBC's website contains several bicycling safety resources? These can be found in the [Bicycle Safety Education](#) section. RBC also has a Facebook Group called “RBC Safety, Education, and Advocacy Group”. If not already a member, please consider [joining](#). The Safety Committee's aim is to supplement our current resources by bringing safety information to our members based on their actual experiences.

If you have any questions, comments, and suggestions regarding Bicycling Safety, feel free to [email](#) the Safety Committee.

Let's be safe out there!!!

Bob Lechner Update

Bob says he is doing much better! He goes to Physical Therapy and acupuncture on a regular basis. Linda went to Florida for sunshine and rest, leaving him in good hands. Both are looking forward to seeing club members at the Kickoff Dinner on April 6th.

He and Linda love the idea of club rides from their home followed by refreshments. Look for map 443 Bobo Strong route in our index. Rides will most likely be posted during weekdays or Monday/Friday evenings. Make sure you coordinate with Linda (734-8925) before posting one!

Visits, emails (boblechner@aol.com), or calls (794-2976) mean the world to him.

Keep the positive energy and prayers going!

AAA Membership Coverage

Did you know that if you are a AAA member, you are covered on your bicycle at no additional cost to your policy? This is great to know!

Transportation service will be provided for you and your bicycle when it has become disabled and can be reached from a normally traveled road by AAA service vehicle. If you are on a bike path, the AAA service vehicle will meet you at the closest point of entry for motor vehicles. They will take you and your bicycle to the location of your choice according to the towing distance included with your membership.

Visit [Membership](#) | [Bicycle Assistance](#) | [AAA Western & Central New York](#) for more information.



2019 RBC Tour de Cure Team Update

We are very excited about this year's RBC Tour de Cure team. We are approaching the 40-member mark. I know that we have a real chance to double the size of the last year's team (which raised over \$12,000!).

With so many people being affected by diabetes, this chronic disease likely touches some of your own friends and/or family. With encouragement of others who have been involved in the Tour de Cure, I (Todd Calvin) was motivated to participate and even help coordinate as co-captain. What is really exciting is that if we work together, collectively our individual participation and fundraising can make a real difference for those who are living with this disease.

In 2018, the Rochester community raised well over a million dollars for the cause. You may have been like me and interested in participating each year it comes along, but putting it off (maybe next year). Well this year is the next year, and after getting involved, I can say that it has been a rewarding and fun experience and hope that you can join us.

There are so many reasons to get involved.

- * The event offers many route distances, such as 15, 25, 40, 62, and 100 miles, as well as a walk for those not riding.
- * The sooner you register, the lower the event's registration fee. After May 1st, the fee raises from \$20 to \$25, so sign up soon.
- * You can ride in style with the RBC club jersey. If you pre-ordered a jersey, it should be available for pick up at the Spring Kickoff Banquet and Ride. If you did not order and want one, you can order it at any time via the [RBC website](#).
- * You can join us for the Tour de Cure training rides on Tuesday evenings from Dryer Road Park. Keep an eye on RBC Meetup for details.
- * And just have fun at the same time we are working to help others.

To join the team, visit the [Tour de Cure](#) website, click Join Our Team, and locate the RBC team. I along with Bonnie MacLean are the Team Captains. We are eager to grow the team, answer your questions, and provide support for you to have a fabulous Tour de Cure experience.

Please contact me, Todd, (tcalvin001@hotmail.com) and/or Bonnie (bonniesmaclean@gmail.com) if you have any questions.





Adventure Cycling Event

Inspiration. Empowerment. Connection. The power of bicycle travel. Come find all of these at a special regional gathering of people interested in bicycle travel hosted by [Adventure Cycling Association](#) at [Full Moon Vista Bike and Sport](#). This event is being held in partnership with the [Rochester Bicycling Club](#).

During the next year, Adventure Cycling staff will visit more than 40 cities across the United States. At gatherings in all of these cities, we will share three things:

1. News and stories on the joys and benefits of bicycle travel, as well as resources for how to travel by bike.
2. Exciting new strategic directions for Adventure Cycling.
3. An opportunity for you to provide ideas for how we can grow a larger and more connected bicycle travel community.

This gathering is open to Adventure Cycling members and nonmembers who have an interest in bicycle travel or just want to learn more. Adventure Cycling's Director of Travel Initiatives Ginny Sullivan will be on hand for the gathering. Enjoy refreshments and a chance to socialize with many other folks in your area who are interested in bike travel. Please join us and bring a friend!



When: Thursday, May 2 from 7:00 PM to 9:00 PM (mingling at 7:00 PM and program starts promptly at 7:30 PM)
Where: Full Moon Vista Bike & Sport | 1239 University Ave, Rochester, NY 14607

Please RSVP for the gathering at info@adventurecycling.org or 406.532.2751 by April 30.

Are you able to lend a hand? We are looking for a volunteer or two to help with the event. Please contact Adventure Cycling at info@adventurecycling.org or 406.532.2751 if you are interested.

We look forward to seeing you in Rochester, NY!

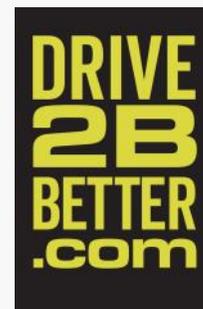
Drive2Bbetter Campaign

Great things are happening in our community to raise awareness and keep our roads safe!

Visit [drive2Bbetter](#) to discover what is happening with the drive2Bbetter campaign, a community-wide collaboration of stakeholders interested in safety for all road users.

The effort is sponsored by [Common Ground Health](#) and facilitated by [Causewave Community Partners](#).

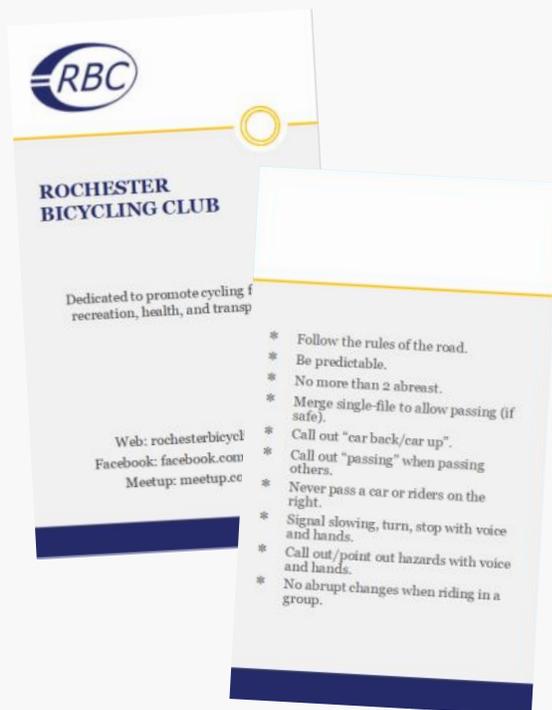
For over two years the group worked through a structured process to identify the changes necessary to achieve a community where all people are safe and respected in whatever mode of transportation they choose.





RBC Business Cards

We now have business cards! You can hand them out anytime, at rides, social activities, etc., to promote our club. The cards also include rules of the road and safety reminders. They will be available at the Spring Kickoff Banquet and Ride.



R Community Bike Annual Summary

2018 marked the eleventh year of official operation for RCB but the seventeenth overall year of service to the community, having begun in 2001 at St Joseph's House of Hospitality. From our humble beginnings when we had two volunteers, we now have more than 150 and serve the community at six different sites throughout the year. During the summer we have off site clinics serving all four quadrants of the city in addition to our home base at 226 Hudson Ave. Our mission is to provide refurbished bikes and trikes to people in need and having done that for many years, we now have expanded our mission to include the repair of bikes as well. In 2018, we distributed 2,225 bikes and repaired 3,670 bikes. Since 2008, when we began keeping accurate records, our total give are always are over twenty five thousand and repairs are over thirty two thousand.

Special activities for 2018 include the donation of specially equipped mountain bikes to NETLIFE AFRICA to assist with distribution of malaria preventing mosquito nets in Africa. We also assisted a group of cross country riders from the Fuller Foundation when they stopped for the night at St Monica Church on Genesee Street. Fuller Foundation works to keep people in affordable housing in various cities across America. We also expanded our involvement with No One Left Behind, which assists Afghan citizens who assisted the US military and now have emigrated to the US because of threats to their lives by the Afghan government.

All at R Community Bikes look forward to many more years of serving the community and in turn having our own lives enriched as well.





Let's Ride to See the "Ghost Deer"!

Most life-long residents of the Finger Lakes Region know about the Seneca Army Depot. In Seneca County, between Geneva and Ovid, the U.S. Army maintained a munitions storage facility up until the end of the Cold War era. It was a secure, heavily guarded and fenced chunk of land that became the protected home of a herd of whitetail deer, many of whom developed an interesting yet natural genetic mutation known as "leucistic", meaning that these deer lack the brown pigmentation of normal whitetail deer. In other words ... they are all white! Hence, the "Ghost Deer" in the depot are now the largest herd of white deer in the world!

At one point, it was estimated that almost 200 deer within the depot exhibited this trait. Even though the Army moved out of the depot in 1995, the Seneca White Deer have remained! And you get to see them!

In cooperation with the non-profit Seneca White Deer Inc., Brian and Karen Managan are once again facilitating a bicycle tour of what is now known as "Deer Haven Park". The depot has a number of historic military features worth the visit, including a stop at one of the hundreds of bunkers (aka "igloos") where munitions of all kinds were stored. And there are plenty of opportunities for wildlife viewing and photography. But if we ride quietly, you will have the chance to view the white deer in their protected habitat.

Because the roads in the depot have had no maintenance since the army pulled out, some of the roads are in poor shape so mountain/gravel/touring bikes are recommended.

What: Bike Tour of Deer Haven Park and the Seneca Army Depot
When: Saturday, April 27th, 8:30am to 10:30am
Where: SWD Welcome Center, 5479 State Road 96A, Romulus NY 14541
Admission: \$20 per person to support the work of Seneca White Deer Inc.
Info/Contact/Registration: brian@bcmbike.net

The ride includes roughly ten mile flat car-free bike ride, with park guides, wildlife viewing, military history stops, and Welcome Center. Minimum 10 riders, maximum 30 riders. Must pre-register. We will keep a waiting list if enough people sign up.

Join us for a private peek into one the greatest mysteries of the Finger Lakes!



Photo credit: Dennis Money
([Seneca White Deer Inc.](#))





ADK 22nd Annual Outdoor Expo

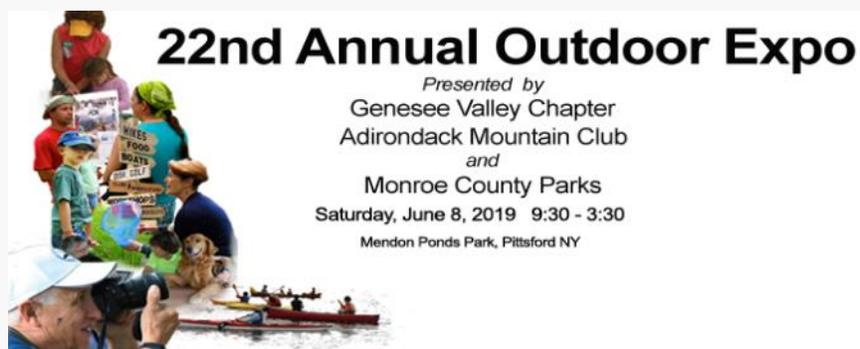
The [ADK's 22nd Annual Outdoor Expo](#) offers a day of learning opportunities to enhance your enjoyment for outdoor recreation on both land and water.

- * Participate in over 60 workshops for hiking, canoeing, kayaking, backpacking, camping, bicycling and many other related outdoor skills or just sit and listen to the music.
- * Check out the latest in kayaks and canoes on the pond.
- * Meet representatives of outdoor clubs and organizations.
- * Refreshments will be available for purchase at the Expo.
- * Enjoy music by the [Golden Link Folk Singing Society](#).

Past workshops have included:

Map & Compass, Tarp Hanging, Bike Maintenance, Bike Emergency Repairs, Changing a Flat Tire, GPS, Astronomy, Treating the Water, Packrafting, How to Pack Your Backpack, Winter Backpacking & Camping, Birding Workshop, Camping Essentials, Orienteering for Beginners, Knots, Building Your Own First Aid & Survival Kit, First Aid in the Wilderness, If You Are Lost in the Woods, Cooking for Backpacking & Camping, Basic Paddling Strokes, Whitewater Demonstration, Paddling Safety, Kayak Rescue Demonstration, Planning a Day Paddle .

The RBC will have a table at the event. If you would like to volunteer to distribute information about the club, contact Paul Knerr (paul@e-knerr.com).





MVP Health Care Rochester Twilight Criterium

If you are not familiar with bicycle racing, you may be wondering what a crit or criterium is. It's just a bicycle race, right? Yes, a criterium is a bicycle race, but it isn't just a bicycle race. A criterium is a really cool kind of race that features relentlessly high-paced racing on a short closed loop course that gives spectators plenty of access to the action.



One reason criteriums are so intense is because they're much shorter than a typical road race. Competitors have less time to make a definitive move that will separate them from the rest of the field, so they're more willing to go to the limit trying to make something happen. A criterium course is also more technically challenging than a road course. There are turns. Lots and lots of turns. Each one taken at speed spreads the field out like an accordion, creating gaps that each rider must close or be confronted with the unforgiving laws of aerodynamics.

A crit is often described as NASCAR on 2 wheels. With 20,000-plus spectators on the course, the atmosphere is electric. Over the constant cheering of the crowd you hear the gentle whir of more than one hundred bicycle tires approaching. The peloton is coming towards you at speeds in excess of thirty miles per hour, but the faces you see show no signs of fatigue. The crowd roars as the racers draw closer, and then as they race by, you feel a breeze that makes you think a tractor trailer went speeding by. That was no truck. That was just one lap of the MVP Health Care Rochester Twilight Criterium. Fasten your seatbelts and get ready for an evening of the most intense competition you'll see anywhere.

Highlights for 2019:

- * Full-course barricades surrounding the inside and outside of the race course (safer for both the athletes and the spectators!)
- * The beer garden will now be the complete interior of the course. No more having to be restricted to one area!
- * The Men's Elite and Women's Elite 1-mile running race will be back for 2019! Super fast and super exciting high-speed running into the criterium atmosphere!
- * Men's and Women's amateur 1-mile running races will also take place. The amateur races will start one minute after the corresponding Elite races.
- * Kids racing! This is on a separate course dedicated to kids, is about 250 feet in length, and is located in the Food Truck Rodeo area (the Rundel Library on South Ave). Kids race for free, but absolutely need their parents to register them at the event, and we will have Big Wheels and helmets available to use. So all you have to do is show up, sign up and have lots of fun. The pro announcers will be on hand calling the action, just like the pro races! Registration opens at 3:45 pm and racing starts at 4:15 pm. The event is sponsored by Strong National Museum of Play, the City of Rochester, MVP Health Care and Full Moon Vista Bike & Sport. Check out the [Kids Races flyer](#) and the [Kids Course Map](#).

For more information, visit rochestercrit.com.

The RBC will have a table at the event. If you would like to volunteer to distribute information about the club, contact Dana Black (dana.black82@gmail.com).





For Sale by Members

Gently used Terry Bike

- * Front tire is 24", back tire is 26".
- * It was perfect for my petite 5' height.
- * The handle bars recently converted to uprights,
- * but I have the original parts which can be reattached.
- * The saddle will not be included.

Asking: \$300

Contact: fraida.levinson@gmail.com



Rans Screamer Sport Recumbent Tandem

- * Excellent Condition
- * Independent Pedaling System
- * New Tires
- * About 2,000 miles.

Asking: \$3500

Contact: Dave Hurd

Email: alberthurd@icloud.com

Home: 585-493-5751

Mobile: 585-322-6319



2017 Orbea Orca Bike

- * 51cm M20i Team D Disc, Di2, Full carbon, pro bike \$5500 MSRP
- * Price last year was \$5499.99 Get a great deal on this beauty. Only 3K miles. Just about 1 Yr. old. Lots more pics available just ask.
- * Do your google searches and read all about this awesome pro bike. UCI approved, ready for Le Tour!
- * New bar tape last month.
- * Ultegra Di2 electronic all around, hydraulic disc - top of the line and rides like the wind. Made in the Basque Country of Spain
- * Everything works perfectly.
- * Not included or will be replaced:
 - * Saddle - with the original Prologic saddle
 - * Non-drive crank (will put back on the original Ultegra crank)
 - * Stages power meter available for \$399
 - * Stem (I have an 80mm stem on the bike. I can leave it on or put back on the original 100mm if you prefer.)
- * Professionally maintained by Tryon Bike in Rochester NY. This a truly a beautiful, special bike. It will take you wherever you want to go with panache, style, and speed.

Asking: \$3600 or best offer

Contact: les@tryonbike.com





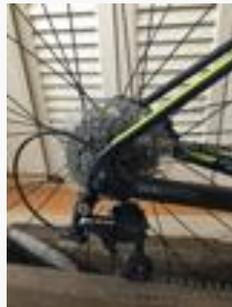
For Sale by Members

2018 Fuji Absolute Full Carbon Road/Hybrid Bike

- * Bombproof Shimano 105 group set
- * 28c Armadillo tires.
- * 44cm carbon frame (sized for a petite rider of about 59 to 61 inches).
- * Light and responsive.
- * Relaxed geometry putting the rider in a more upright and comfortable riding position.
- * Total of approximately 1200 miles; very well cared for and professionally maintained.
- * Current list price of \$1799.99, already a great value.
- * Bike is stock except for headset spacers installed at its fitting session.
- * Recent professional tune up; is mechanically, structurally, and cosmetically sound and is ride ready.

Asking: \$850 or best offer

Contact: joycedeblickeo@gmail.com



Red Arkel "Bug" and Grey Arkel "Commuter" Panniers

- * Yes I have toured & commuted with them.
- * ~1600 cu. in./25 L each.
- * The Bug becomes a back pack and has a place for your helmet on the front. They are a bit too big to use on my foldie.
- * 1000D Cordura Nylon sprayed with Scotch guard and I will include a large ZipLoc bag to make what you are carrying water resistant/proof.
- * New \$189 each.

Asking: These wonderful panniers are now used and the bottom price is \$50.00 each

Contact: harvey.botzman@gmail.com or (585) 363-0310



Homemade Short Wheelbase Recumbent Bike and Carrier with Many Accessories

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

Asking: Reduced price \$95.00

Contact: Larry Johnson 315-524-8244





2019 RBC Board of Directors

Officers

President

Paul Knerr
Phone: 330-8374
Email: paul@e-knerr.com

Vice President

Brad Jensen
Phone: 872-4468
Email: bkjensen99@yahoo.com

Secretary

Greg Turner
Phone: 637-7045
Email: gregturner@frontiernet.net

Treasurer

Dana Black
Phone: 478-8187
Email: dana.black82@gmail.com

Directors

Education

Andy Stewart
Phone: 442-7788
Email: onetenth@earthlink.net

Newsletter Editor

Veronica Benzing
Phone: 704-0551
Email: rbcnews19@gmail.com

Publicity

Mark Robbins
Phone: 469-5729
Email: markerino@rochester.rr.com

Member at Large

Wendy Romano
Phone: 781-0702
Email: wendy_romano@bcasd.org

Maps

Otto Muller-Girard
Phone: 330-9593
Email: ottomg54@gmail.com

Rides

Steve Riegel
Phone: 789-1241
Email: rbcrides@gmail.com

Member at Large

Nancy Rohlin
Phone: 331-8835
Email: rohlinalong@yahoo.com

Member at Large

Veronica Benzing
Phone: 704-0551
Email: rbcnews19@gmail.com

Membership

Kathy Riegel
Phone: 203-4581
Email: kriegel2@gmail.com

2019 RBC Coordinators

Librarian

Todd Calvin
Phone: 314-7432
Email: tcalvin001@hotmail.com

Road & Trail Advocacy

Richard DeSarra
Phone: 461-5363
Email: rdsbike@rochester.rr.com

Winter Meeting

Brian Managan
Phone: N/A
Email: brian@bcmbike.net

Legal

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

Web Site

Brad Jensen
Phone: 872-4468
Email: bkjensen99@yahoo.com

Supported Rides

Ken Hansen
Phone: 509-3725
Email: kenkj1@yahoo.com

LAB Touring/Ride information/ Club Representative

Todd Calvin
Phone: 314-7432
Email: tcalvin001@hotmail.com

Bike Cases

Open
[RBC Website](#)

Awards

Brad Jensen (Acting)
Phone: 872-4468
Email: bkjensen99@yahoo.com

Urban Rides

Kecia L McCullough
Phone: 233-9794
Email: bgdbrochny@gmail.com





February Board Meeting Minutes Summary

Below is the meeting minutes summary of the February Board Meeting. To read the full meeting minutes, visit the [Meeting Minutes](#) section of the RBC website.

Treasurer:

- * Account Balances as of 1/31/19: Checking: \$1,906, PayPal: \$46, Investment: \$14,132

Education:

- * Ride of Silence: Andy offered help with 2019 event.
- * Safety, Advocacy and Education Group Facebook group: May be good device to distribute any insights we gain from the proposed Incident Report.
- * Clinics: A 2019 schedule for Feb-May has been established.

Ride Chair:

- * 40 rides left to be filled. Ken will fill 15 open supported rides.

Maps:

- * Working on updates. There are several new rides.

Safety:

- * Draft of incident reporting form distributed at the meeting. These reports might lend themselves to providing "teachable moments" for our members via articles in our newsletter or thru social media. Report at Ride Leaders' Meeting. Board members will review and comment by 2/18.

Current Jersey Reorder:

- * Motion "to purchase current design jerseys, in the quantities specified, for the amount of \$1703" passed unanimously.

Spring Banquet:

- * To be held on April 6 at Penfield Lodge. Awards committee will meet in February.

Newsletter Editor:

- * Still looking for a volunteer.

Commercial Usage of RBC Resources:

- * A draft of communication policy was presented. Members gave input for revisions to make more general. Revised draft next meeting.
- * Discussed bike shops getting space in newsletter. Will communicate with bike shops.

New Items

- * Motion "to authorize Dana to convert to Wild Apricot payment system before May 3rd" passed unanimously.
- * Member Mingle. Knucklehead was presented as an option for location. The Board approved to reserve the date.