



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!

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.

Member Ads

Do you have cycling gear to sell or are you looking for used cycling gear? If the answer is yes, check out the [Classified Ads](#) section of the RBC website.

As an RBC member, you can post a free ad for your item! The RBC website gets a lot of traffic, so you can be sure that someone will check out your ad.

As an RBC member, you can also post an ad in the newsletter for one month. However, we encourage you to use the [Classified Ads](#) section since you can keep the ad posted until it sells.

Upcoming Events

Board Meeting

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

Flat Tire Clinic

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

Bicycle Safety Course

July 16, 2019 | 7:00 pm
Penfield Rec Center (Back Parking Lot) | 1985 Baird Rd, Penfield

Andrew Spiller Memorial Challenge Ride and Picnic

July 20, 2019 | 8:00 am
East Lodge | Canfield Rd, Mendon Ponds Park, Mendon

Bicycle Safety Course

July 20, 2019 | 1:00 pm
Penfield Rec Center (Back Parking Lot) | 1985 Baird Rd, Penfield

CF Cycle for Life

July 20, 2019 | 7:00 am
Mendon Ponds Park | Mendon





From the President

June was the first of month of summer. The weather started to improve, and so did my ride schedule. I've been out on several Wednesday rides, one Thursday ride, and a couple of Saturday rides. I rode the Mendon Century cut at 75 miles. This pushed me to my limit. It's good to challenge yourself. It helps you understand your limits and sometimes even break them. I completed the ride with a little sunburn and some sore legs. I recovered from the physical stress, but the healthy spiritual and mental attitudes are still with me.

Last month I volunteered to run the RBC booth at the Rochester Women's Bike Fest. This was the second year for this event and the first that the RBC attended. There were over 200 attendees that day. We had a fair amount of interest in the club, especially our Supported Rides. Many of the women were new to cycling or had not ridden with a group. I hope that we see some of them on one of our rides this summer.



That brings up an issue with club rides. Club rides should not just be about fitness, going fast, or riding with your old friends. While these are good things, group rides can offer so much more. Club rides should be an opportunity to meet other cyclists and talk about everything under the sun. Here are a couple of ways we can make group riding more enjoyable... look back occasionally. If one or two riders are hanging off the back, ease up and let them catch the group. Take notice as you cross busy intersections. Did everyone in the group make it across? Would it hurt to slow up and let them re-join the group? If you see a situation like this, communicate this information up those ahead of you. Most of the time they don't know what's going at the back. Just paying attention to little things like these can make the group riding experience more enjoyable for everyone.

In July, I am helping with coordinating the 31st Annual Andrew Spiller Memorial Challenge ride, which will be held on Saturday, July 20. I really enjoy seeing everyone in a picnic setting. And the rides that day are slightly different from the normal Wednesday Mendon rides. The maps used are not anywhere else on the ride calendar. I usually choose the early ride, but there are several other options. Mark the date on your calendars. This is an event you won't want to miss. Come ride with us and meet some new people. I'll be looking for you.

Paul Knerr (President)

Post a Ride

All RBC members can post rides. A ride can be posted as long as a 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.



Ride Chair Corner

Finally summer! Hopefully the grass will slow down... mowing and yardwork are some of the highest barriers to riding. Lawn service may be the best gift for that special someone.

Fortunately, Tour de Cure (TdC) was blessed with spectacular weather amidst the many rainy/cool days of this long transition from winter. Fantastic riding and support made this event superb, and kept Rochester the #1 TdC fund raiser in the nation for diabetes research. Well done!

As weather improved, riders came out of hibernation (and spin classes). On weekend rides, we were actually lucky enough to have blossoms on the Apple Blossom ride (tricky to time that one!). Avon Amble drew a wide variety of riders on another rare beautiful weather day. The linked Honeoye Falls - Honeoye - Naples rides were also a hit, enjoying new smooth-as-glass pavement in West Hollow. Can-Yan was another beaut, complete with sudden re-discovery of Wager Hill (off 54A near Keuka College). The Memorial Day ride from Mendon escaped raindrops too, and had a nice turnout. Things quieted down a bit just ahead of Tour de Cure, and the weekend after (Father's Day) was duck-weather, but then we had the best weekend weather ever for Mendon-Stony Brook Century with its many pleasant cuts for all levels of riders. Probably need a new name for that one since almost no one does the century!



Wednesday evenings from Mendon have also sprung back to life with better weather and longer evenings. Quite a mix of riders enjoy these rides, finding friends and groups of differing speeds and styles. Being a workday evening, things can feel rushed, but please resist that sense. There is plenty of time to do the ride and plenty of time to relax and socialize a bit afterwards.

Since many folks come to evening rides to ride together, keep in mind the others who are with you. It is easy to get an unexpected break in your group due to traffic at intersections, and those at the front may not even know it. Try to remember this after intersections and relax/soft-pedal for friends to catch back up, so no one is stressed that they've fallen too far behind. Riding in a group is fun, and they'll do the same for you someday!

Also, please try to stay aware of whether small sets of you might be unnecessarily blocking cars behind (ex: when riding abreast). It's easy to lose track of that. Simply keep in mind how you would see it from behind the driver's wheel. Yes, some drivers are more impatient than others (also true of cyclists!), but most are patient and courteous, especially if you acknowledge them and single-up when safe.

And for those who have weekdays off (or can play hooky), keep an eye out for added rides. While some rides will be local, we'll post some beautiful remote rides and even some test-runs of new rides. This is how we build the portfolio of the best rides in upstate NY!

Lastly, thanks to all of you for RSVP'ing and communicating on [RBC Meetup](#). This habit is increasing and really helps draw folks out to enjoy rides that they never would have tried otherwise. There are always a few tweaks and details that really make a ride fun, and we can finally get that info out and learn even more from those planning to attend! RBC rides can be mini bike vacations that are full of "wow" views and neat, relaxing stops. You'll learn and appreciate more about our region than you thought possible on our routes! We really have some of the best riding in the world right here, and our rides will convince you!

Relax and ride on!

Steve and Kathy Riegel (Rides and Membership)



What is New With RBC Maps

Greetings fellow riders! I have been busy riding and not thinking too much about RBC Maps as I do most of the map work in the off season. I am extremely curious about how you access and use our RBC routes. Do you use Ride with GPS? Do you make use of our PDF maps? There are several ways to access the routes... via RBC MeetUp events, the RBC website, and the RBC RWGPS site. I am interested to know how you access these club assets. I have put together a short 3 question survey on the topic. It will help me and the RBC board learn how best to serve you.

Please consider completing the survey by clicking on the following link:

<https://forms.gle/PzfiroV5BnggJMgw8>

I promise no hard questions and it'll take less than a minute. Thank you! Wishing you happy riding!

Otto Muller-Girard (Maps)



Local Bike Shops Perks

Did you know that many of our local bike shops offer regularly scheduled rides? They also offer clinics for riders to learn how to handle a flat tire or do basic maintenance on their bikes. See the [Local Bike Shops Rides and Clinics](#) section (Rides | LBS Rides) of the RBC website.

Also, most of the shops offer discounts to RBC members. Keep your membership card in your wallet... you can save quite a bit on your purchases. To see the discounts that are offered, visit [Club Documents](#) section (Members Area | Club Documents) of the RBC website and click [2019 Bike Shop Discounts](#).





RBC 31st Annual Andrew Spiller Memorial Challenge Ride and Picnic

Come out and challenge yourself or just enjoy yourself at the RBC 31st Annual Andrew Spiller Memorial Challenge Ride and Picnic on July 20th. The Challenge Ride and Picnic will be held at the East Lodge on Canfield Road in Mendon Ponds Park. The park is centrally located and should help to draw in many RBC members from all over the Rochester and surrounding areas.

The Challenge Ride and Picnic will operate from 8:00 am to 8:00 pm enabling the ambitious riders to be out there racking up miles for 12 hours. All RBC members, new and old, are encouraged to come out and experience RBC camaraderie, meet other riders, enjoy the food and, of course, RIDE!

Below is the schedule of planned rides. Last year's routes (map #427 to #430) were well received and will be run again this year. Two additional ride options have been added.

- * 9:00 am: Mendon - Lima (map #427; 50 miles)
- * 9:30 am: Mendon - Avon (map #407; 37 miles)
- * 10:00 am: Mendon - Cheese Factory Loop (map #429; 16 miles)
- * 10:30 am: Mendon - Honeoye Falls (map #428; 31 miles)
- * 12:00 pm: Mendon Loop (map #430; 16 miles)
- * 3:00 pm: Bary's Time Trial (map #143; 24 miles)

We will gather for the picnic at 1:30 pm. The club will be providing hot dogs and condiments, rolls, soft drinks, and water. Participants are asked to bring a dish to pass. Salads or dessert items are popular. Not into hot dogs? Feel free to bring your favorite grilling foods. After eating, you can go out riding again to work off those picnic calories.

What is the Challenge Ride, you wonder? 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 or two (or three..) and socialize with fellow riders.

The Challenge Ride was first held in 1989 and organized by Mark Frank. Andrew Spiller was a great long distance rider who was tragically killed on June 1992 when he was hit by a car during an endurance ride. Andrew was an RBC member who contributed to the club in many ways. The Challenge Ride was renamed in memory of Andrew. So come on out to ride and to honor Andrew.

Want to pick up RBC Gear? RBC Jerseys (\$55.00) and T-shirts (\$10.00) will be available.

All volunteer roles have been filled! A **big thanks** to those members who've already stepped up to lead rides, serve as shoppers and grillers, and assist with setup and take down!!





What is a Cycle Track?

A cycle track is an exclusive bike facility that combines the user experience of a separated path with the on-street infrastructure of a conventional bike lane. A cycle track is physically separated from motor traffic and distinct from the sidewalk. Cycle tracks have different forms but all share common elements—they provide space that is intended to be exclusively or primarily used for bicycles, and are separated from motor vehicle travel lanes, parking lanes, and sidewalks. In situations where on-street parking is allowed, cycle tracks are located to the curb-side of the parking (in contrast to bike lanes).



Cycle tracks may be one-way or two-way, and may be at street level, at sidewalk level, or at an intermediate level. If at sidewalk level, a curb or median separates them from motor traffic, while different pavement color/texture separates the cycle track from the sidewalk. If at street level, they can be separated from motor traffic by raised medians, on-street parking, or bollards. By separating cyclists from motor traffic, cycle tracks can offer a higher level of security than bike lanes and are attractive to a wider spectrum of the public.

In Rochester, you will find a cycle track from University Avenue to Monroe Avenue on the north side of Union St.

For more information, visit the National Association of City Transportation Officials website (nacto.org).

Don't Miss the Boat!

RBC Meetup is the main communication tool for club rides. We strongly encourage you to RSVP. When you RSVP, you will receive communications related to the ride.



If you do not RSVP, we highly recommend that you at least look at the event before coming to a ride, especially if weather is "iffy." A ride may be salvaged by delaying it an hour or so. Also, a start location may change if new information necessitates it.

So if you are not looking at RBC Meetup, there is a chance that you will "miss the boat" by not being aware of such important facts.

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 (News | Newsletters) of the RBC website.



Member Mingle: Save the Date!

Catch up with your riding buddies and get to know other members at our Member Mingle. Enjoy photos of our riding season on the big screen. This gathering is scheduled for Tuesday, August 13 at 6:00 pm at [Knucklehead Craft Brewing](#) in Webster ([map](#)).



Along with soft drinks, you'll be able to purchase from a selection of seasonal and flagship beers, wine, ciders, and other cocktails. The club will be providing cold hors d'oeuvres (cheese and crackers and veggies and dip). For those who want something more substantial, a variety of hot appetizers, sandwiches, and paninis can be purchased.

There is no charge for RBC members, but you must [register](#) (Events | All Events | Member Mingle), as there is a space limit. After August 1, we'll open it up to non-members who also must register (fee of \$5.00).

Think about how long you've been in the club for your name tag!

- * Newbie (< 2 years)
- * Committed (2-5 years)
- * Long Haul (6-10 years)
- * Longer Haul (11-20 years)
- * Longest Haul (> 20 years)

Bobo Strong Ride

Bob and Linda love the idea of club rides from their home followed by refreshments. Map 443 Bobo Strong includes several routes including a couple of Bob's favorites.

Consider posting one during weekdays or Monday/Friday evenings. Make sure you coordinate with Linda (734-8925) before posting one!

Member Benefit: Insurance

There are so many benefits of being an RBC member! A valuable one that many are not aware of is insurance coverage. Paid RBC members or first time guests are covered for liability claims arising out of club rides or events and, in the event of accident or injury, may be reimbursed for excess medical expenses.

In order to be covered, you must maintain your membership and sign the waiver/sign in sheet prior to participating in club rides. For more information visit the [Insurance](#) page of the RBC website (Members Area | Club Documents | Insurance).

CF Cycle For Life

Tryon Bike is sponsoring the Cystic Fibrosis Ride for Life Charity ride on July 20. This is a smaller, more intimate ride than some of the other charity rides, with less than 200 riders. Quick and easy registration and packet pick-up, well stocked rest stops, and a worthy cause.

You can choose from a 10, 30 or 65 mile options, and there is lunch and entertainment at the end. Join the "Tryon Bike and Friends" team if interested. RBC members and spouses are able to register for \$10 off and the fundraising requirement is only \$150. Use code "4Life" when registering.

Visit the [CF Cycle for Life](#) website for more information.





Myth Buster: 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 that 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."

To read all the myths about RBC, visit the [Myth Busters](#) section (Resources | Information for New Riders | Myth Busters) of the [RBC website](#)

Did You Go on a Cycling Trip?

It's summer and many of us are planning and going on cycling tours. Consider writing a short article about your trip and include a few photos. Send the information to rbcnews19@gmail.com. Cyclists love to read about other cyclists' adventures!

Ride Stats: June 2019

As of June 15th, there have been 96 reported rides. Twenty (20) additional rides had no riders or were cancelled due to weather and 18 ride sheets are outstanding. Each non-rain-out has averaged 11.5 riders. Twenty-three (23) rides were added to the pre-scheduled calendar. A total of 1102 riders, consisting of 265 individuals, have so far accumulated 34,737 miles. Mileage is the highest since 2015 and the number of riders is the highest since 2014.

There have been 13 rides with 20 or more riders, the highest since 2016. The season's kick off ride had 60 riders and the Apple Blossom Special had 50 riders. The Wednesday evening Mendon rides consistently see 15 to 20+ riders.

It was my perception that we had a cold and wet spring, but believe it or not we had 41 rides with a weather rating of "Beautiful" and another 28 rated "Good". The number of rain-outs is similar to the previous 2 years. Maybe it's just that every spring in Rochester is cold and wet compared to what I want.

Participating riders have averaged 4.2 rides and 131 miles so far, both the highest since 2015. Thirty-six (36) people have done 10 or more rides and four people have done 20 or more rides, the highest since before 2013. Twelve (12) people have over 500 club miles and 2 are close to the 1000 mile mark. Where do you stand relative to the average RBC rider this year? We have had 73 first time riders so far this year, 22 of which are new members. The number of first timers is the highest since 2016.

Ride leaders are reminded to mail in their ride sheets within 2 weeks of the ride and to complete the weather conditions rating. Even if the ride is rained out, still have to return the ride sheet or at least email me (bkjensen99@yahoo.com) to let me know.

Brad Jensen (Ride Stats)



Bike MS®: Roc the Ride

Bike MS® is the largest fundraising bike series in the world. Each year, nearly 75,000 cyclists and more than 6,000 teams ride together to change the world for people affected by MS.



Bike MS: Roc the Ride lets you experience rich history as you ride along the Erie Canal, through Mendon Ponds Park, and through the Rochester area countryside. It's an experience grounded in camaraderie and marked by passion, inspiration, determination and pure enjoyment.

With food and drink to fuel the ride, and mechanical and medical assistance wherever needed, you'll be fully supported at Bike MS. From the volunteers who pass out ice-cold popsicles and cheer on your team, to the SAG drivers who have our backs, and the after ride party, we are all in it together.

Route distances vary from 10 to 100 miles but one thing is certain.. you will have the ride of your life no matter which distance you choose, and your efforts will make a difference in the lives of people affected by MS.



You can register to ride as an individual, start your own team as a team leader, or find an existing team to join at www.BikeMS.org, or by texting BIKEMS to "68686". Roc the Ride has a fundraising minimum of \$200 so don't forget to check out our [Tips & Tools](#) to get started. The ride will take place on August 24, 2019 in Genesee Valley Park.

Register today and help us reach our goal – **a world free of MS.**

Welcome New and Returning RBC Members!

- | | | | |
|----------------------|----------------------|-------------------|-------------------------|
| * Tom Adamski | * Kerrie Chamberlain | * Melissa Jadlos | * Joe Rotolo |
| * Burton August | * Helen Dunlap | * Carl Johnson | * Christopher Schiffner |
| * Nick Black | * Emily Follett | * Brian Lindstrom | * Dennis Teeter |
| * Mary Ellen Brown | * Victoria Haines | * Lynn Lubecki | |
| * Bradly Chamberlain | * Matthew Ingalls | * Larry Lunt | |





RBC Tour de Cure Team Update

The Rochester Bicycling Club Tour de Cure Team had an amazing day at the Tour on June 8th! The weather couldn't have been more perfect, and our team represented RBC in a big way.

Forty (40) riders from our team rode various miles and returned to the site for a huge party in our team tent. Great food, fantastic company, and so many visitors from other teams.

We made a big contribution to the cause, too. Our team raised over \$20,000 and worked together with more than 2,000 riders who raised over \$1.2 million to make a huge impact for fighting and finding a cure for diabetes. It was a record breaking year for the Rochester Tour de Cure, and a triumph for the RBC Team.

We trained. We set goals. (A few members rode their longest distance ever!) We got to know each other (and what a fantastic group of people we have on our team!) We made a huge contribution to others and our community. We shared our rides and our stories and welcomed new club members. We started new traditions and made memories. And that's not all. RBC was represented all over the Tour de Cure, with club members participating on corporate and family/friends teams. And after all, we're all part of the same team on Tour day! We all had a special treat with a visit from Bob and Linda Lechner. And to finish off a day that already seemed perfect, we gathered at the finish line to cheer for our very own 12-year old Owen Evans as he crossed the finish line for his first century!

Another Rochester Tour de Cure is in the books. And it was the best one yet!

RBC Tour de Cure Team





Owen's Tour de Cure Recap

Hi there. My name is Owen Evans, I'm 12 years old, an RBC member, and just finished my sixth Tour de Cure. The Tour de Cure is a one-day fundraising event for the American Diabetes Association. Even though RBC has an amazing team, I asked my Mom if we could have our own team. My Mom and I have previously ridden on our two-member team, "Come Ride with Owen", but decided we wanted to raise the bar this year. We decided on three goals. First, we wanted to try to grow our team to 20 members. Second, we wanted to qualify for a team tent by raising \$8,000. Third, I decided I wanted to ride the century route.



Even though the tour is a one-day event, it is really almost a year's worth of fun preparing for our big day. It is an opportunity to spread awareness and to raise a lot of money to find a cure for diabetes. It is also a chance to meet new people. I really, really love to bike. Participating in the tour gives me a reason to be active and work on really big goals.

My Mom told me if I wanted to ride the 100, I had to train. In January I joined ski club at my school to try to grow my leg muscles. My Mom and I also went to Tryon Bike shop with lots of other friends to train on Tuesday nights. We played great music and had lots of fun. Then on Mondays, we went to Midtown to also do indoor training. We met a lot of really nice people at Midtown's spin classes. The instructors are super nice. When it got warmer and people started doing outdoor rides we tried to ride as much as possible. My Mom and I also did some RBC rides with other tour participants. It is so fun to do group rides with friends because you ride on roads you have never been on before and make lots of memories.

Going into tour day I was kind of scared. I mean, my Mom and I have been training for a long time and I felt strong, but 100 miles is a lot. Don't get me wrong, I did feel confident and up for the challenge, but I was worried it could be sunny and hot and that would make me slow down, or maybe I wouldn't make it to the finish line in time. The week of the tour, we had three more people join our team, which brought us up to 19 teammates. We also passed our \$8,000 fundraising goal so I was doing pretty good with this year's three goals.

The starting line was very exciting, but I was nervous at the same time. The start was at 6:30 a.m., which was really early. Once we started biking, a police car led the way for the first few miles. That was cool. My Mom, my friend Pete, and I were at the front at the beginning. As all the experienced riders passed, many of them yelled "Go Owen!" or "Good luck Owen!". This is one example of how nice the people are who participate. The rest stops came and went quickly. The people at the rest stops are really nice. My Mom didn't feel good, so she stopped at mile 50. Pete and I kept going and rode hard. We even saw a bald eagle, a guy with a remote-control lawn mower, and a monarch butterfly! Before I knew it we were at mile 80.



Coming into the finish line I felt so happy that I did but as we got closer, I saw lots of people. I wasn't really sure what was happening, but my friend Kerrie Merz, ADA Director, was on the loud speaker cheering Pete and I across the finish line. Then I hear the crowd yelling my name! I just didn't know what to think and was speechless. Once I stopped, so many of our tour friends came over to hug me and to say congratulations. It was an experience I will NEVER forget!



Now, a few days after the ride, I don't know why I was so worried. Sure, it was hot, but I worked hard and got through it and when I crossed the finish line, I was 10 minutes early of them shutting down the routes. It feels so good to know that I and 2002 other participants are making a difference for the 30+ million people living with diabetes in America. It's hard to explain my TDC family but they are some of the most awesome people I've ever met. It means so much to me that lots of supportive friends, teammates, family, and even a classmate are all helping, supporting, fundraising, and training for one cause... to stop diabetes. The final donations are still being counted but we have a good chance of making our \$1.2 million fundraising goal for the Rochester tour. I am so thankful to all the people who have sponsored me. Our team raised more than \$11,000 towards the \$1.2 million goal.



If you're on the fence on whether you want to do the TdC, then come on, what are you waiting for? You can choose to ride 3, 15, 25, 40, 63, or 100 miles on your bike or if you don't want to ride, then you can run or walk different lengths as well. The bottom line is that you can't go wrong participating in this amazing event! See you on the road!

All my best,

Owen Evans

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.





NOW HIRING

WE ARE LOOKING FOR UPBEAT
PEOPLE WHO LOVE CYCLING!

JOIN OUR TEAM & ENJOY THESE GREAT BENEFITS

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STOP IN OR APPLY ONLINE TODAY!

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600 JAY SCUTTI BLVD
HENRIETTA
585.427.2110

DISCOUNTS

RBC MEMEBERS

5% OFF

REGULARLY PRICED NEW BIKES*

10% OFF

CLOTHING, ACCESSORIES & MORE*

*SOME RESTRICTIONS APPLY



Bicycling Safety and Educational Tips

Road and Lane Positioning: Critical for Being Visible and Staying Safe

- * Ride as far to the right as is safe and practical in the direction you are headed.
- * Ride fully in the lane (either in the right wheel track of a vehicle or in the center of the lane) when it is the safest place to be.
 - * When the lane is narrow and it is unsafe for you to share the lane with a car next to you.
 - * When there is no shoulder or bike lane.
 - * When the shoulder or bike lane is obstructed by objects, cars, or debris.
 - * When there is only a narrow shoulder with a curb or guard rail.
- * Scan (look to the side, behind, and in front of you) and signal for any change in position.
- * When you know a car is coming, hold your line and ride single file and predictably.
- * When you approach a traffic control device be fully in the lane so that all cars see you and your signals
 - * At a stop sign.
 - * At a traffic light.

Your position on the road helps you to control the traffic around you. Your position can also:

- * Make you MORE visible.
- * Force a driver to need to cautiously cross the center line to pass you, keeping you and the driver safer.

Hugging the white line can make you LESS visible and can encourage drivers to pass you without changing lanes, passing you too closely and often too fast.

Lori Burch (Safety and Education Instructor)





Education: Technique Tips: How to Start Up

This weekend I watched a rider frustratingly try to get started on their bike a few times during our ride. The rider had the right foot clipped into the pedal, placed that pedal at the low point of the stroke, then with the left foot push off to gain momentum. The rider was repeatedly unable to gather enough pace to balance and lift up onto the seat. The rider's spouse also referenced the difficulty of clipping in once the first rider did get going.

Many cyclists have never been taught good techniques of the basic act of riding so it was no surprise that this rider floundered. (At the RBC's Safety Class we teach this stuff, just saying). Here's some aspects of the starting up situation to review and consider.

New Stuff

The bike was only a couple of weeks old and is quite different from the flat bar hybrid they had before. Shoes and pedals were new to them too. I don't know whether the bike shop offered the rider much advice/instruction, I suspect not. The advice is to practice the operation of the bike while on a trainer stand, safe from falling over and distractions before going outside. For some this is a short learning curve, others take longer.

Equipment Condition/Tuning

While the shoes and pedals were new, there can be some shoe sole/pedal body compatibility issues even when all seems right. If the cleat can't fit fully into the pedal's clamping jaws because the sole contacts the pedal before cleat engagement then the sole will have to be compressed some, the rider will have to place a LOT of weight on that pedal to clip in. Shoes should be able to be clipped in and out using just your hands (with the bike in that trainer stand). Was the pedal clamping tension set at the low end? Too high a release tension can make clipping in (and out) harder.

Pedal/Feet Position

When starting up, it is easiest to use a first pedal stroke to power you forward, enough to gain balance and buy time to get your butt on that seat. Place the clipped in foot at the "power point" of the stroke. If you place your left foot on the ground when you're stopped, this "power foot" is the right one. Lift that foot/pedal up to about the 2:00 position. From this point you can push down on the pedal, the bike (and you) will surge forward. At the same time as you're pushing down with the right foot, the left foot is being lifted up to that pedal (soon to be at the top of the stroke) and your butt is also being lifted up and onto the seat. Pulling on the bars with both arms helps to counter the force to pedal and also helps to lit your butt to the seat. Next what gear your bike was left in when stopping has some impact on how easy that first down stroke will be or how far forward you go. Too high a gear and you might not have enough strength to get going effectively and too low a gear and the "power foot" will too rapidly reach the bottom of the stroke and not enough forward momentum will be achieved. (So for an efficient startup, we need to shift to that right gear as we stop).

The [Bicycle Safety and Education](#) section of the RBC website (Resources | Bicycle Safety and Education) has a number of safe riding tips and hints. Here's a link to the specific article on starting and stopping when on a bike: <http://www.bikexpert.com/streetsmarts/usa/chapter1a.htm>.

With this series, we will visit common challenges cyclists have and how we might avoid them. I welcome requests for topics for future articles.

Andy Stewart (Education)



May Board Meeting Minutes Summary

Below is the meeting minutes summary of the May 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: \$5,540, PayPal: \$, Investment: \$14,662

Education:

- * Ride of Silence: No news. Sent Kecia second email offering help.
- * Safety, Advocacy and Education Group Facebook group: Membership stable. Postings same as last few months. Good device to distribute insights from Incident Report.
- * Clinics: 2019 schedule complete, on Penfield Rec website. First clinic 2/28 - three people braved cold and attended. Venue easy to get to.

Summer Events:

- * Andrew Spiller Memorial Challenge Ride 7/20: East Lodge booked. Mark to coordinate again this year. Will recruit volunteers with eye toward those who might be able to take on larger, coordinative role in the future.
- * ADK Expo 6/9: Have volunteers.
- * Tour de Cure 6/9: Todd and Bonnie to coordinate.
- * Member Mingle 8/13: Advertise after Tour de Cure.
- * Autumn Banquet and Volunteer Recognition Dinner: Glendoveer's Saturday, 11/9.

New Items:

- * Communicating club's insurance to membership: Review draft.
- * Rochester Women's Bike Fest: 4 volunteers. Motion for \$200 support funding approved.
- * First Aid class for the club: Looking into.





Canalway Challenge

Get ready for fun, fitness, and adventure on the NYS Canalway System and Canalway Trail! The Erie Canalway National Heritage Corridor is launching the Canalway Challenge in spring 2019 to help people achieve their personal fitness goals while experiencing the many great things that New York's canals have to offer. Whether you are an avid cyclist or a family looking to get more active, you can walk, run, paddle, or cycle your way to achieving your personal mileage goal.

Participation is free and registration is open to individuals and groups. Simply [register online](http://www.canalwaychallenge.org) (www.canalwaychallenge.org) and choose a mileage goal of 15, 90, 180, or 360 miles (End-to-End/ Buffalo to Albany). Then walk, run, cycle, or paddle on the Canalway Trail and NYS Canal System to achieve it. You may complete the Canalway Challenge in one big trip or many small ones.

Like a hiker seeking to become an Adirondack 46er, you can strive for mileage status and recognition through the Canalway Challenge.

The program will offer opportunities to share your experiences on social media and join a Facebook group to be part of a supportive community. Upon completion, you can show off your accomplishment with a photo finish, car/kayak decal, and gear bag. Sign up now and start planning your adventures so you can hit the ground running - or cycling, walking, or paddling - when the Canalway Challenge kicks off in May.



RBC's ride schedule includes several rides on the canal. Persons planning to do those rides have a great opportunity to set personal goals and add another dimension to their experience of those rides!!!

The Canalway Challenge is funded in part by a grant from Market NY through I LOVE NY, New York State's Division of Tourism, as part of the State's Regional Economic Development Council initiative. Additional sponsorship is provided by the NYS Canal Corporation. The Rochester Bicycling Club is a Promotional Partner for the 2019 Canalway Challenge!!

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 per month (free for bike shops)

1/2 page: \$15 per month

Full page: \$25 per month

To advertise in the newsletter, submit your ad and payment via the RBC website. Click **News | Place a Newsletter Ad** and follow the instructions located on the [Place a Newsletter Ad](#) page. You can also email the ad file 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.



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