



# 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.



## Upcoming Events

### Tour de Cure

June 8, 2019  
Xerox Complex | Webster

### ADK 22nd Annual Outdoor Expo

June 8, 2019 | 9:30 am to 3:30 pm  
Mendon Ponds Park | Mendon

### Board Meeting

June 10, 2019 | 6:30 pm  
Legacy at Willow Pond | 40 Willow Pond Way,  
Penfield

### Bicycle Safety Course

June 11, 2019 | 7:00 pm  
Penfield Rec Center (Back Parking Lot) | 1985 Baird  
Rd, Penfield

### Flat Tire Clinic

June 13, 2019 | 7:30 pm  
Penfield Rec Center | 1985 Baird Rd, Penfield

### Bicycle Safety Course

June 15, 2019 | 1:00 pm  
Penfield Rec Center (Back Parking Lot) | 1985 Baird  
Rd, Penfield

### Rochester Women's Bike Festival

June 15, 2019 | 9:00 am to 4:00 pm  
Adams Street Recreation Center | 85 Adams St,  
Rochester

### All About Your Bike

June 27, 2019 | 7:30 pm  
Penfield Rec Center | 1985 Baird Rd, Penfield



## From the President

Riding in May has been hit and miss. Between my schedule and the weather some weeks have been better than others. In spite of only getting in one or two rides per week, the good news is, I'm starting to find my legs! I was very worried after a shaky March/April start. But I kept showing up for rides, sometimes I had to... I was the ride leader! I was encouraged by several other riders, which helped so much. Remember to encourage and thank those in your group.

And speaking of rain... what about riding in it? For the Wednesday Garnsey Grumble ride, the weather looked threatening. Some commented on RBC Meetup and changed their status. Others showed up, but got back into their cars. A hardy five of us chose to defy the odds and ride anyway. We started in a light misty rain; however, we could see clearing toward the North. As we rode it did clear. We stayed together and encouraged everyone to go the longer route. We separated on the hills, but re-grouped after each one. Just about halfway, one of us flatted and after the change, we opted for a slight re-route to get back a little quicker. This ended up only cutting about 1 mile. Back at the park, we were mostly dry and happy we got the ride in. Sometimes you just have to take a chance.



In June, I'll be coordinating RBC volunteers for the ADK Expo, which is on the 8th. This event promotes all types of outdoor activities. Unfortunately many of you will be at the Rochester Tour de Cure that day. But if not, we would be glad to see you in Mendon Ponds Park. One week later, on June 15th, is the Rochester Women's Bike Fest. The event will be held at the Adams Street Rec Center and will include speakers, workshops, and bike giveaways... specifically targeted to women cyclists. This is a great opportunity to encourage women to ride their bikes and how to overcome some of the barriers.

In addition to these events, I'll be leading the June Thursday Show-N-Go rides from the Penfield Library. So if you haven't been on a RBC ride this year, what are you waiting for? Go to RBC Meetup, look over the rides and sign up for one. Post a comment if your pace is relaxed or if you want to shorten the ride. You'll be surprised at the responses. Come out 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

It was great to see so many club members and new faces on our rides in May. Scents of lilac and apple blossoms filled the air and everything was lush. A wide variety of riders enjoyed grand views on the connecting Honeoye Falls-Honeoye and Honeoye-Naples Ridge rides. Palmyra Loop also drew a crowd, and there were even blossoms on the Apple Blossom Special ride (tricky to time that).

Despite the mixed weather, folks have been getting out to the evening rides and having a good time. This year, the Tuesday Dryer rides are also Tour de Cure training rides. 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, flatter, and have a sweep. Thursday evening Show & Go rides also have the additional starting location at Penfield Library on Baird Road. 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. Often, both groups are on Furman at the same time - a neat scene. 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. Rides often pop up on Monday and Friday evenings too.



Photos from rides can be found on the [Photos](#) section of [RBC Meetup](#). Please help us by posting ride photos on RBC Meetup. Someone from our Facebook team will grab a few of the best and bring more viewers to the RBC Meetup photo album. It's fun to see all the activity!

Several events happened in May. Ride of Silence was held downtown and was organized by Kecia McCullough with support from a number of others from RBC. The weather could have been better, but rain stopped in time to do the ride. The Rochester Twilight Criterium weather was a little cool, but the enthusiasm was warm as spectators watched a very exciting set of amateur and pro-level races.

June includes 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 RBC 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 try... 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 discovered a few things that may be causing folks to hesitate trying different rides. We've gathered these and added them to the [Myth Busters](#) section (Resources | Information for New Riders | Myth Busters) of the RBC website. We will also highlight an RBC myth each month in the newsletter. Check it out to see if it encourages you to try more of what RBC has to offer.

A few other items also come to mind as we start the season:

- \* 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 that you can shift ride times to adjust for weather (if it will salvage the ride). 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 RBC Meetup ride 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](#) (About | Adding Rides) webpage for details!

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

Steve and Kathy Riegel (Rides and Membership)

### 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](mailto: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.





### What is New With RBC Maps

Hello fellow riders! The weather has been improving slowly and I may have ridden 2 or 3 rides sans arm and leg warmers including yesterday's Aurora's Apex ride, which is one of my favorite gems in the RBC route collection. Are there rides that you consider to be gems? I am sure that there are and please consider writing a short piece to share in these pages so that others may learn of the joy and adventure we find when we ride. You will not regret doing so.



I would like to encourage you to look at and study the PDF maps for the routes you ride before the ride and not just rely on the Ride with GPS (RWGPS) data. You will find that many of the maps have multiple route lengths and other options denoted by dotted lines. The dotted lines may be flatter or hillier, more scenic or a shortcut. The dotted lines are a valid option for the route. On the PDF map you can see these all together so that you get a sense of how the pieces of the route fit together. That is not possible with RWGPS as you can only see one piece of the map at a time and not all of the options together. In fact not all the dotted line options may exist in our RWGPS database as there are so many options in some cases. On a recent ride we used some of the dotted line options and one of the riders kept saying that we're going off route based on his GPS. He did not know the dotted line sections were old favorites for some of us and valid route options.

It's always a good idea to also take a paper copy of the PDF map on a ride in case your GPS device or phone has a problem and you are in unfamiliar territory. I rely on my GPS greatly but the paper map has saved me when the unexpected road closure has occurred and I had to find the best way to circumnavigate the situation.

Wishing you happy riding!

Otto Muller-Girard (Rides)

### Local Bike Shops Rides, Clinics, and Discounts

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](#).





## Ride of Silence

On Wednesday, 5/15, a good group of cyclists gathered at Main St and Parcel 5 to honor killed and injured riders. While we had warm hearts, the weather made our hands and feet cold with the grey skies, moist roads, and strong winds.

The ceremony included words from Rochester’s new Police Chief, La’Ron D. Singletary, (who rode with us) a representative of City Hall, and RCA’s Scott MacRae before the blessing and poem. We paired up in line and waited for our 7:00 pm roll out. We slowly departed with our City Police escort clearing the way. The route took University nearly to Culver and returned on much of Park Ave before crossing the River via Court St. Our Western point was on Saxton between W Main and Jay. Smith Street Bridge took us to St Paul and N Clinton and back to Parcel 5.

Besides Kecia McCullough’s organizing, the RBC was well represented by many. Steve Lee and Brian Managan did their usual great job at riding sweep and mechanic.

Many hundreds of people watched as we passed by and we received support from many of them. Some local media came. Here’s a link to WROC TV’s report of this event: <https://www.youtube.com/watch?v=5Bt7nSB6LkI>. Next year’s event will take place on 5/20. I promise warmer and dryer weather.

Andy Stewart (Education)



## 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.

## 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.





### 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!

### Myth Busters - Myth #2

#### I Must be Fast to Do a Long Hilly Ride

A number of riders have expressed concern that they cannot 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 the 'Killer Hills' - had to be less than 12 mph, possibly even 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.

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

### 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.

### RBC Membership Cards

Did you know that RBC has club membership cards? Be sure to keep yours in your wallet. It will be helpful when you go into local bike shops. Almost all of them offer discounts to RBC members!

To view and print your card, log into the RBC website, click on your name, and "view profile."





### Tour de Cure SAG Drivers Needed

The Rochester Tour de Cure needs volunteers to serve as SAG drivers. The event will take place on June 8, 2019. Besides much appreciation and gratitude, you will get a volunteer shirt, Food Truck dinner coupon and a beer after your shift, as well as a \$50 gift card to Park Ave Bike Shop.

SAG vehicle driver requirements include:

- \* Valid NYS driver license.
- \* Willingness to drive a 4 hour shift on June 8 in a designated zone.
- \* Willingness to pull off the road to answer calls or texts from the Command Center and respond to cyclists in need OR have a HAM radio operator in the truck with you.
- \* Ability to assist cyclists with minor mechanical issues (tire-changing clinics are available at Towpath Bike), minor first aid, or transport for them and their bike to a rest stop (TDC provides all supplies).
- \* Willingness to help remove some route signs on your drive back.
- \* Able to attend the volunteer meeting on Monday, May 20 at the Webster Recreation Center from 6:15 pm to 7 pm (or meet another time).
- \* Able to pick up vehicle from Van Bortel Ford on Friday, June 7, drive it to the event June 8, and then return it to Van Bortel after your shift.

If interested, please contact Kerrie Merz ([kmerz@diabetes.org](mailto:kmerz@diabetes.org)).

### 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.

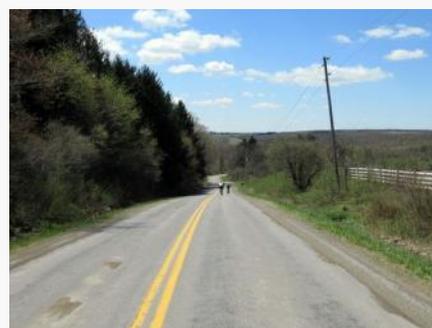
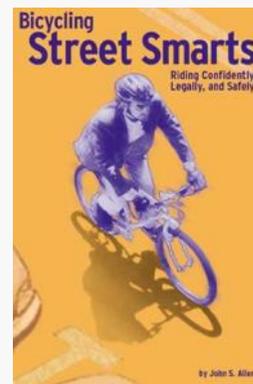
Consider posting one during weekdays or Monday/ Friday evenings. Make sure you coordinate with Linda (734-8925) before posting one!

### Bicycling Street Smarts Booklet

Does this yellow book cover look familiar? RBC sends a copy to new members.

If you have not see it in awhile, it would be well worth browsing the [online version](#).

This booklet describes the nuts and bolts of safe and legal on-road cycling including lane-positioning, navigating intersections, expert control of brakes and steering, emergency maneuvers, and dealing with difficult situations. By learning correct on-road riding techniques and mastering control of the bicycle, any cyclist from beginner to expert will enjoy increased confidence and safety while riding any road.





## 2019 RBC Tour de Cure Team Update

The Rochester Cycling Club Tour de Cure Team is gearing up for the big day on June 8! We are 41 team members strong, and we are so proud to be one of the top teams in the leaderboards going into Tour Day. There are more than 30 million people living with diabetes in the United States, and this number is growing every year. The RBC Team is making a large contribution to changing the future for so many people. And we're having a ball doing it! Training rides are underway, and the RBC Team is leading the weekly Tour de Cure Tuesday night training rides. Many thanks to Grant Morey and Louie Isganitis for helping with these weekly rides. We are making plans for our team tent, where we can gather before and after our rides to share some food and team spirit.

We have so many dedicated and enthusiastic team members and we would love to have you join us. There is still time to join the team! Visit the [RBC Tour de Cure Team](http://diabetes.org/rbc) page ([diabetes.org/rbc](http://diabetes.org/rbc)) to join our team. Can't join us, but want to support the team with a contribution? You can donate to the fundraising efforts of your favorite rider or the team in general on our team page mentioned above.

Team Captains Todd Calvin ([tcalvin001@hotmail.com](mailto:tcalvin001@hotmail.com)) and Bonnie MacLean ([bonniesmaclean@gmail.com](mailto:bonniesmaclean@gmail.com)) would love to answer any questions you have or maybe twist your arm to come out and join us!

Our current team lineup includes the following riders:

- |                    |                          |                     |                     |
|--------------------|--------------------------|---------------------|---------------------|
| * Robert Begy      | * Denise Duffy           | * Jim Nesbitt       | * Margaret Tobelman |
| * Richard Bierma   | * Robin Finley           | * Manuel Ochoa      | * Greg Turner       |
| * Bill Bishop      | * Louis Isganitis        | * Cassandra Pettry  | * Alice Wells       |
| * Mary Kay Bradley | * Brad Jensen            | * Chris Pollock     | * Ken Welty         |
| * Lori Burch       | * Jennifer Knickerbocker | * Isaac Pollock     | * Matthew Willy     |
| * Todd Calvin      | * Jason Kostyshak        | * Sasha Rae         | * Patricia Wollan   |
| * John Corman      | * Mike Lutz              | * Kathy Riegel      | * Elise Woolfort    |
| * Brian Dahl       | * Bonnie MacLean         | * Gabriel Siftar    | * Rahul Sutshi      |
| * Joyce DeBlieck   | * Dale Maddock           | * Bob Smith         |                     |
| * Kim DelMonte     | * Grant Morey            | * Michael St Martin |                     |
| * Mary Dinnan      | * Pamela Murray          | * Alix Tepoel       |                     |

## Welcome New and Returning RBC Members!

- |                     |                       |
|---------------------|-----------------------|
| * Todd Campanella   | * Michelle Parker     |
| * Robin Driver      | * Francis Rodriguez   |
| * Elizabeth Hornak  | * Andrew Van der Bank |
| * Bean Miller       | * Matthew Yates       |
| * LB Miller         | * Jared Zehr          |
| * Scott Nickerson   | * Fred Peters         |
| * Barbara Braverman |                       |





## Rochester Women's Bike Festival

The Rochester Women's Bike Festival is catered toward women, experienced cyclists and women who ride only occasionally; women interested in using their bike for transportation and recreation; kids interested in biking, and families that bike together.

The event will include a vendor expo, information about bike rides for women, demo bikes of all kinds, a prize drawing, and other giveaways. In addition, breakfast and lunch will be provided.

The following presentations will be available: How To Shop For A Bike, The Different Types Of Bikes And Places To Ride Them, A Beginner's Guide To Bike Maintenance, Commuting By Bike, Road Safety, How To Wear Your Everyday Clothes, Rochester's On-Line Bicycle Resources, How To Carry Kids And Groceries, and more.

The event will take place on June 15. Visit the [Rochester Women's Bike Festival Facebook](#) page for more information.



## Carry Your ID

Cycling definitely has risks. Most of us have the scars to prove this.

It is often overlooked, but ID/contact (and special medical) information is very important to carry (on you and on your bike), even on club rides. Face it, you may not be conscious (or even with someone) when that information is most needed.

Carry your ID in your jersey pocket or in your bike bag. Even better, invest in a Road ID (or equivalent).

Just do it and use it during every ride!



## 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!





## Bicycling Safety and Educational Tips

New York State Traffic Law requires that children under the age of 14 wear a helmet. While adults are not required to wear helmets, it is highly recommended, and I think it's pretty cheap insurance to help protect the most precious part of your body, your brain. However, if your helmet is not fitted properly, it won't do you any good in a crash. Here are some guidelines for proper helmet fit on children and adults:

- \* It should sit level on your head.
- \* There should be no more than a 2 finger width between your eyebrow and the edge of the helmet.
- \* Straps should hug the side of your head and form a "Y" closely under your ears.
- \* No more than 2 fingers should fit between your chin and the strap (approx. 1/2 inch gap).
- \* If your helmet moves when you shake your head, it's too loose. Most helmets have an additional adjustment with a crank on the back.

And while we are talking about New York State Traffic Law requirements for cyclists, did you know that you must have:

- \* A white front light that can be seen from 500 feet away.
- \* A red rear light that can be seen from 300 feet away.
- \* Side reflectors or reflective strips on tires that can be seen from 200 feet away.
- \* "A sound-making device" that can be heard from 100 feet away. This can be a bell or horn but it cannot be a whistle.

Also according to New York State:

- \* Children ages 1-4 must ride in an approved safety seat, as well as wearing a helmet.
- \* Children under the age of 1 are prohibited from being transported by bicycle.

Lori Burch (Safety and Education Instructor)

### Bike Helmets Must Fit to Protect



**Step 1: Size**  
Should fit snugly and not rock side to side.



**Step 2: Position**  
No more than two finger widths above eyebrows.



**Step 3: Straps**  
Should form a "V" under, and slightly in front, of ears.



**Step 4: Buckles**  
Center the buckles under chin and lock sliders.



**Step 5: Chin**  
No more than one or two fingers should fit under strap.

Sources: NHTSA.gov, WeMakeItSafer.com



Together, we can make the world a safer place!





## 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 to [rbcnews19@gmail.com](mailto: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.



## April Board Meeting Minutes Summary

Below is the meeting minutes summary of the April 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: \$6,528, PayPal: \$1764, Investment: \$14,611

### **Rochester Women's Bike Fest:**

- \* Susan Levin presented. Looking for donations from RBC. The club can have a table at no charge. Kathy will solicit volunteers.

### **Education:**

- \* Safety, Advocacy, and Education Group Facebook group: are about the same as over the last few months. No changes to the SAEG at this time. Would be a good device to distribute insights we gain from the Incident Report.
- \* To date 3 clinics have been held. Given the weather the low attendance is expected. The new venue at Penfield Rec Center is working well enough although there have been teething issues with information being up to date.

### **Ride Chair:**

- \* Ride leader meeting to be held on 4/16/2019.

### **Spring Banquet:**

- \* Brad will write a newsletter article and send pictures.

### **Summer Events:**

- \* Rochester Twilight Criterium: 5/11. RBC will have a booth. Paul will coordinate volunteers.
- \* Andrew Spiller Memorial Challenge Ride: 7/20. The East Lodge is booked. We need a new coordinator. Mark will mentor.
- \* Ride of Silence: 5/15. Kecia to coordinate. Insurance certificate ready, club provides waivers.
- \* ADK Expo: 6/09. Paul to coordinate volunteers.
- \* Tour de Cure: 6/09. Todd and Bonnie to coordinate. 37 riders registered.
- \* Member Mingle: 8/13. Kathy will book.
- \* Volunteer Dinner: 11/09. Glendeveers. Motion for \$200.00 deposit was approved.

### **New Items:**

- \* Rochester Criterium: Request for support funding of \$500.00 for purchase of volunteer T-shirts. Motion was approved.
- \* Town of Penfield Contract for Clinics: Motion was approved.
- \* Canal Challenge: Invitation to become promotion partner. Mark will contact and say yes.
- \* Club's Insurance to Membership Communication: Mark will send links to examples from other club websites.
- \* Incorporating Supported Riders into Other Club Rides: Give some thought to ideas.



## ADK 22nd Annual Outdoor Expo

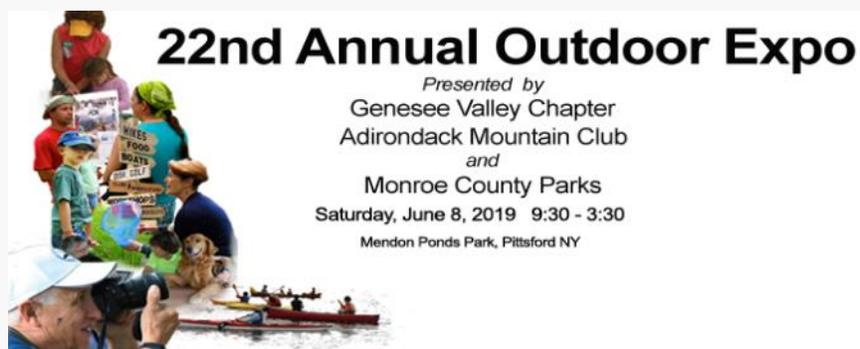
The [ADK's 22nd Annual Outdoor Expo](#) offers a day of learning opportunities to enhance your enjoyment for outdoor recreation on both land and water.

- \* 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](mailto:paul@e-knerr.com)).





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