



Rochester Bicycling Club

Flower City Cyclist

Volume 52, Issue 1 March 2019

The picture below is from one of the presentations given at the Winter Media Show. Mark Robbins shared photos of his 8-day Colorado-Utah tour with Adventure Cycling.



This Month's Teaser...

What year did the Rochester Mayor Stephen May take a "photo-op" bike ride with the RBC?

Find the answer upside down on page 10

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Upcoming Events

Spring Kick-Off Banquet & Ride

Saturday, April 6, 2019

Ride at 2:00 pm

Socializing at 5:00 pm

Pot-Luck Dinner at 5:30 pm

Awards Ceremony after dinner

Dolomite Lodge, Atlantic & Jackson

Penfield NY

[\[MAP\]](#)

Board Meeting

11 Mar 2019 6:30 PM

Legacy, 40 Willow Pond Way

Penfield, NY 14526

Flat Tire Clinic

12 Mar 2019 7:30 PM

Penfield Rec Center

1985 Baird Rd, Community Room

Prepare Your Bike for the Season

28 Mar 2019 7:30 PM

Penfield Rec Center

1985 Baird Rd, Community Room

The Flower City Cyclist

Our Mission

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

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

<u>Month</u>	<u>Submission</u>	<u>Deadline</u>	<u>Issue #</u>
March	Feb	15th	Issue 1
April	March	15th	Issue 2
May	April	15th	Issue 3
June	May	15th	Issue 4
July	June	15th	Issue 5
August	July	15th	Issue 6
September	August	15th	Issue 7
October	September	15th	Issue 8
Nov-Dec	October	15th	Issue 9
Jan-Feb	December	15th	Issue 10

Newsletter Advertising:

The Flower City Cyclist accepts Paid Ads and Preprinted Inserts for this newsletter through this web mail link below. These ads will run for one issue. Copy and payment are due by the deadlines listed above..

Rates are:

1/4 Page	\$10.00
1/2 Page	\$15.00
Full Page	\$25.00

Note: Members may place bicycle related classified ads at no charge. See the RBC Website for complete details.

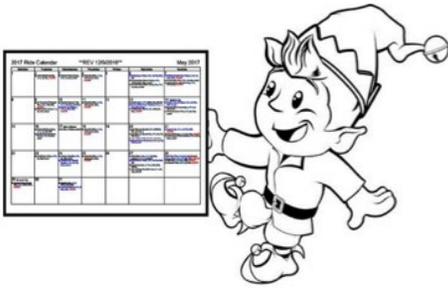
Contributing?

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

Submit articles to:

rbcnewz@yahoo.com

Ride Chair Corner



In hopes of having a warmer start, we moved our kick-off banquet and ride from March to April. More often than not, March has iffy weather, so we are not pre-scheduling rides then. But that doesn't mean there won't be rides! Since all members can add rides (see [AddingRides](#)), we will adapt if March turns out better than expected. Keep an eye on [RBC Meetup](#) when weather looks good ... rides will certainly pop up.



So, our kick-off this year is Saturday April 6 at [Dolomite Lodge](#) in Penfield. The ride is at 2pm on quiet roads, and can easily be extended or shortened depending on what Mother Nature does. Socializing starts at 5:00 pm with a Potluck dinner at 5:30 pm, followed by our Annual Awards. We look forward to seeing you there!

Whats New in 2019?

We've got 10 new rides, along with *many* map updates this year. Better start locations, quieter roads, good stops/destinations, and super scenery. Great contributions from all of you! And Otto has worked steadily to make sure our printed maps contain all the changes. His cycling tenacity and precision definitely carries over to maintaining *readable* maps, which is more involved than most of us realize.

Otto also keeps our electronic routes (on [RideWithGPS](#)) in step. There are often several electronic routes per RBC map, due to cuts, extensions, reversals and options. Pulling these all together and keeping them up to date also takes effort, and we are lucky to have him watching over it all. It is super-convenient to have smartphone voice turn-by-turn directions (see our [RideWithGPS](#) webpage) and Garmin TCX/GPX files for all of these variations. Many, many thanks Otto!

Last year's Tuesday evening Dryer Road Park rides will be back, as well as the popular alternate Penfield Library start for Thursday Show & Go. The original Browncroft Plaza start location has not gone away, but it tends to attract riders who want a particularly vigorous weekly run with a good-natured bunch.

In addition to organizing the Ride of Silence, Kecia McCullough is running some downtown "Theme" rides this year to show off parts of the city and get new folks out. These and additional urban rides will begin in May. Expect a separate announcement detailing their schedule soon! The rides will also be posted on RBC Meetup.

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!

In the end, RBC rides have two key purposes: 1) showcase and explore our beautiful upstate NY region, and 2) help you connect with other riders. You will probably end up riding with several different groups and friends beyond RBC (we all do), but club rides are where we all come together, so those new to the club can discover you and your bunch. It really boosts everyone's fun when rides have enough participants to provide good diversity (speeds/styles) so that no one is alone.

As you get comfortable with folks, watch for a perfect day and join in on an all-day spectacular remote ride out of Geneseo, Dansville, Naples, Skaneateles, etc. You'll be absolutely amazed at the vistas and views, cozy hollows, quiet lakes, fun/twisty downhills, small towns with neat old general stores, wineries, farm stands, odd animals (yaks and camels?!), etc. Then celebrate the great day with a drink or dinner afterwards! Sometimes it is even worth staying overnight to enjoy another great ride in that area.

continued on the next page >>>

Ride Chair Corner

Safety Mindset

It is especially important to heighten our awareness of safety as we begin our season. There are plenty of issues and tips to list, but for me, there are two main things to keep in mind:

- 1) pay attention / anticipate *everything* going on around you, and
- 2) be *predictable* to others

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 as aware as you can 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 clearly *abort* and hold until the next opportunity. Make eye contact and avoid ambiguous signalling and actions. We all (riders *and* drivers) make mistakes judging intentions, speeds and clearance when we are flowing along. So long as everyone errs on the side of clearest communication, we will be OK. No one, rider or driver, really wants an accident.

Look for more safety tips and discussions on [RBC Facebook](#) and [RBC Safety and Advocacy](#) during the year. There are also great references on our website [Safety Education](#) page. (Re)Read some of them before we get out there (I will). It never hurts to refresh our knowledge and awareness.

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. You don't need a Meetup account to view info, but we strongly encourage you to have one and [RSVP for rides you plan to attend](#). Your RSVP will encourage others to attend, and you'll be able to add to discussions and receive notifications of updates. It's handy to see thoughts & comments as a ride approaches. 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. Pictures can easily be uploaded to the ride entry too, showing the beauty and fun!

Thanks Ride Leaders!

Compared with other bike clubs in the USA, RBC has a *very* diverse and interesting ride schedule. Did you know that we have 70 ride leaders covering over 300 rides?! That's passion! Many, many thanks to all of you who commit to covering our rides in advance. Just knowing that a leader will be there motivates folks to come out and participate. With your commitment, you also make the season run smoothly and efficiently for us all. Again, our warmest thanks to you all!

Ride *carefully* this year! See you out there!

Steve & Kathy Riegel



More on Rides

Adding Rides

A friendly reminder: All RBC members can add rides, as long as there are none on the calendar. Keep this in mind as there will likely be opportunities before our scheduled ones start.

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

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

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

Post a ride, and they will come!

Icing on the Cake



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

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

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

Examples:

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

A Picture is Worth a Thousand Words

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



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

Myth Busters

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

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

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

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

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

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

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

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

Myth #4- Lowering My Gears is Cheating

Curious...who would one be cheating? Even if you're self competitive, why not save your knees and your energy and have more enjoyable rides? Some of the climbs in the Finger Lakes and Southern Tier are significantly steeper than the mountain passes in Europe (much shorter of course, but steeper). Even experienced riders and racers lower their gearing for prolonged steep climbing. It means changing the rear cassette, and may require changing the rear derailleur, but that cost is modest and the payoff is immense. If you want to do the long hilly rides, consider talking to those at your local bike shop or other experienced cyclists for ways to lower your gears. It can make a huge difference in ability to do the more challenging rides and enjoy them.

Myth #5 - RBC Rides Are Not Social

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

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

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

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

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

I am looking forward to seeing you all once the Spring Weather shows up! ...Kathy R.

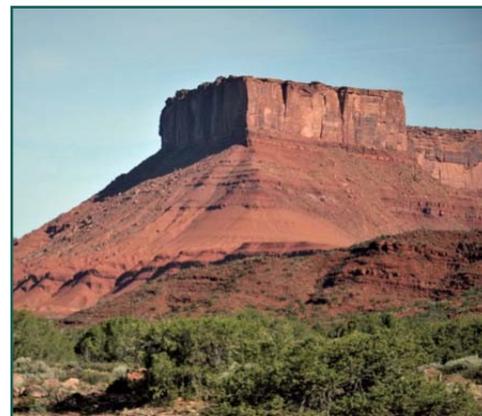
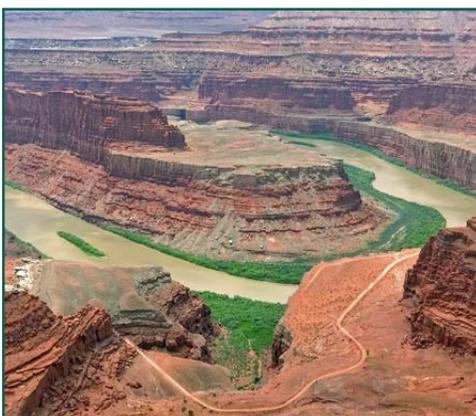
2019 Media Show

On a wintery Saturday evening in February, close to 90 RBC-ers and their guests showed up for the club's Annual Winter Media Show. Viewers enjoyed a variety of presentations. Short breaks between each show provided time for mingling and refreshments. This is always a great RBC get together – seems that people come out of the woodwork for it!

Will Haines shared photos of his week long adventure doing the Tour de Cure New England Classic. He covered 550 miles as he cycled through picturesque towns in Massachusetts, along the coast of Maine, and through the stunning mountains of Vermont and New Hampshire - quite a variety of scenery in a very short time period. What a great way to raise money for a good cause - Will raised \$3,600!



Mark Robbins shared photos of his 8-day Colorado-Utah tour with Adventure Cycling. The area is known for "spectacular vistas, iconic rivers, and otherworldly geology" and the pics reflected that. There were gorgeous red rock cliffs, serpentine river canyons, winding loop roads and unique towns. Karen Managan, Andy Stewart, Linda Burk and Brian Managan (tour leader) were also on this trip. They stayed in inns, but their bikes were loaded, adding a bit more to climbing.



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It is an understatement to say that biking the French Pyrenees is a cyclist's dream. Otto Muller-Girard shared photos of his 2 week cycling trip in the area. This Erickson Cycling Tours trip promised "the option of just about every climb and awesome descent ever challenged by the peloton of the Tour de France." It was special to be there just before the Tour de France, as towns were decked out. France also won the World Cup so there were mega celebrations. Steve and Kathy Riegel were on this trip too (they provided the food photos)!



Karen Managan shared pics of her 12 day circumnavigation of the Big Island of Hawaii. We learned many facts about the island, saw the dry and sunny coast, the barren moonscape of Kilauea Caldera, and lush rain forests. Damsel Tours is technically a womens-only tour group, but the group made an exception for "Brianna" Managan whom Ruth (tour operator) knew through Adventure Cycling. Pics included volcanos and lava fields, beachside camping and snorkeling, sea turtles and gorgeous flowers. Camping alternated with inn stays, and loaded bikes made climbs and hot days more challenging.



The Annual Media Show, one of RBC's many traditions, is a keeper!

Announcements

***Welcome to our New or
Returning Members
as of February 28, 2019***

Hannah Arden
John Clack
Jeffrey Conuel
David Fergusson
Allan George
Anthony Gringer
Max Herman

Mark Monachino
Amy Monachino
Steve Sullivan
Karen Ward
Ken Welty
Jessica Welty
Matthew Willy

Bicycle Cases for Rent to Club Members!

Going on a bicycle tour and you need to ship your bicycle via air, water or ground transportation safely?

The Club has cases for rent to our members at \$2.50 per day.

These are hard cases to protect your bicycle from damage.

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

<https://rbc.wildapricot.org/event-2930100>



Announcements



In January, Bob had a stay at the VA Hospital in Syracuse. He had been having significant pain issues in his arms and hands, and the providers there helped him quite a bit. He got back to Physical Therapy at Canandaigua VA in February, and is excited to be back on a forward path. Linda says " His determination is amazing. We have some days better than others. We just hope for more good days. "

Linda and Bob would like to have some rides take off from their house in Victor, with people staying around for snacks after the ride. Route planners will get to work and create some routes. How do "Bob-O Strong Social Rides" sound?

Bob loves to have visitors for about an hour or so, and enjoys reminiscing about good times and hearing about others' adventures. Call ahead to arrange a date and time. He can be reached at 794-2976 and Linda at 734-8925.

A Go Fund Me account was established by his family. Early on, it became clear that medical insurance was limited in situations like this. For more information, go to:

<https://www.gofundme.com/fxvrf9-bob>.

An Equipment Fund is being coordinated by a friend to help with many costs of life going forward. For more information, contact Cindy Fleischer at:

cindyf1216@gmail.com.

Keep the positive energy and prayers going!



Teaser Question: What year did the Rochester Mayor Stephen May take a "photo-op" bike ride with the RBC?
Answer: It was 1971, and actually was in the month of May!

Announcements

RBC Tour de Cure Team

Thank You Thursday at Sager Beer Works



Tired of the cold weather?

Longing for daylight to last a little longer for some evening rides?

Miss seeing your cycling friends?

How about we all get together for a beer!

Sager Beer Works is supporting the Rochester Bicycling Club Tour de Cure Team for an evening of friends, fun and beer! They will be donating \$1 to our fundraising efforts for every beer purchased. So come out for some great beer, social time with friends, and support our team. Stop in for a quick beer, or stay for dinner and the evening. Bring a friend or two. Hope to see you there!

When: Thursday, March 21 5:00-8:00

Where: Sager Beer Works (46 Sager Drive, Rochester, NY 14607)

Facebook Event: www.facebook.com/events/285799048758532/

Interested in joining the Rochester Bicycling Club Tour de Cure Team?

Check us out here: diabetes.org/rbc

Contact Bonnie bonniesmaclean@gmail.com or Todd tcalvin001@hotmail.com for more information.

Announcements



RBC Tour de Cure Team

Last year, the RBC Tour de Cure Team had an outstanding first year in the Rochester Tour! With 31 participating team members and a total of \$12,009 raised to improve the lives of those living with diabetes, we were one of the leading teams in the Rochester Tour. When statistics were totaled and the Awards Night took place at the end of September, the Rochester Bicycling Club Tour de Cure Team ended up in 4th place in our category, and we received the Rookie of the Year Award. We are so proud to be such a large part of the Rochester Tour de Cure, and to represent RBC in this large cycling event.

Registration is now open for the Tour de Cure on June 8, 2019. Team RBC is planning to show up strong again this year, and we would love to have you on our team! Here are a few reasons to join NOW:

- Training opportunities! Midtown Athletic club will be offering indoor training in their cycling studio on Saturdays and Sundays, from January through mid-April, free of charge for all registered riders. Tryon Bike will be offering indoor training. Stay tuned for details--bring your bike and a trainer (or borrow one of their trainers.)
- There is a ride for everyone--routes of 3, 15, 25, 40, 62 and 100 miles. Pick your mileage. Grab a friend to ride with. Choose your pace. (It's NOT a race!) Riders on all routes receive the same fabulous rest stop and SAG support.
- There are more than 30 million people in the US who live with diabetes every day. Funds raised through the Tour de Cure are used for research, preventive education, advocacy, parent support, summer camp and more. By joining and riding, YOU can make a difference!
- The Rochester Tour de Cure was **the #1 Tour in the country** again in 2018, with over 2,000 participants. The 2019 Tour promises to be as successful and a huge source of pride for cyclists in the Rochester area!

Rochester Bicycling Club pride! Let's show up and present a strong RBC presence!

Use the link below and click on "Join Our Team."

http://tour.diabetes.org/site/TR/TourdeCure/TourAdmin?team_id=746985&pg=team&fr_id=12746

Todd Calvin and Bonnie MacLean are your Team Captains, and 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 us!

Todd: tcalvin001@hotmail.com

Bonnie: bonniesmaclean@gmail.com

Announcements

RBC 2019 Clinics

The riding season is approaching and the club clinics are ready. This year will see some changes and retain some similarities too. The same cast of characters will lead the clinics with one possible exception.

Our venue has moved to Penfield, their Recreational Center on Baird Rd has offered to host our clinics and also handle the registration process. Only the Spring dates are listed and available for registration for now, later dates will be added soon.

The schedule is posted on the club's website at:

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

The Penfield Recreational Center's website at:

<https://webtrac.penfield.org>

Go to their Educational page and enter search words "bike club" to bring up the clinic offers. Each clinic requires an attendee registration. Only the Flat Tire and the Safety Classes have a class limit. This is shared between the club membership and the general public. I suggest signing up early to insure attendance for these two clinics.

Prepare Your Bike for the Season starts the season, so to speak. Feb 28 and Mar 28 at 7:30pm. Learn how to prep your bike and what it might need to have a trouble free year of rides. Bikes welcome. If time allows Andy will assess each bike for it's specific needs.

Flat Tire Repair has been our most popular offer. Mar 12, Apr 9 & 25 at 7:30pm. We will walk you through a flat repair. You bring your bike, pump, tube or tires with tools and be ready to get dirty. This clinic has a limited class size so register soon.

Safety Class 1 & 2 is led by the club's League of American Bicyclists certified instructor, Lori Burch. May 9 and 11 (with rain dates a week later). Learn important riding techniques and tips that will help keep you safe out there. This clinic also fills up fast and has a limited size. A \$25 registration fee will be charged, but club members who attend both classes will have this fee credited back.

All About Your Bike is a nonspecific themed clinic. May 23. We generally cover a few topics as brought up by those attending. Bring your questions and get answers. We invite guest presenters, if you have a specific knowledge that would be of interest to the club please consider sharing it.

Wheels explained covers... wheels. May 28. Ever wonder why wheels are so light yet can support so much weight? Want to try truing your wheel? This is your time to find out.

The June and July clinic schedule will be completed and posted on the website in April. This year Andy is thinking about offering a frame building clinic in Oct. if there's interest.

For more information go to the clinic page on our website or contact Andy at onetenth@earthlink.net.



Staying Visible on a Bicycle - Molly Clarke

Cycling is one of the healthiest ways to commute, and is a great way to reduce your environmental footprint to boot. While it's ideal to cycle on a designated bicycle path, sometimes it's impossible to avoid motorists on your trip. One of the best ways to prevent crashes is to stay visible on your bicycle. Here are some top tips you can use on your next ride to ensure everyone on the road sees you:

1. Wear Florescent Clothing in the Day

Because you're so much smaller than cars on the road, you'll want your clothing to be as eye-grabbing as possible while cycling. While it seems like anything you wear will be visible, florescent clothing is the easiest to see in the daytime. Bright green, pink, yellow, and hunter orange are all good options here. If you're really aiming to catch someone's eye, try wearing more than one color so you'll stand out against different backgrounds.

2. Wear Reflective Clothing at Night

When you're cycling at night, it doesn't really matter what color you're wearing because it'll be impossible for anyone to see you, especially from afar. What's far more important is wearing something reflective that will stand out against a car's headlights. You can also attach extra reflectors to your bicycle or your helmet (which you should always wear anyway!).

3. Add Flashing Lights

Flashing lights can dramatically increase your visibility at night. This is perfect when trying to get pedestrians to see you at night, as they won't have lights to help you stand out against the dark. Flashing lights can even be beneficial in the daytime. Trek cites that you are more than twice as noticeable when you use a flashing taillight in the daytime than if you cycle without one.

4. Don't Pass on the Right

Passing on the right essentially renders you invisible, especially at intersections. When you pass on the right on the cars idling at an intersection will not expect your approach. Additionally, it's very hard for oncoming traffic to see you when you're on the right. It's usually best to simply wait in a line of traffic at intersections.

5. Use Hand Signals

Hand signals are a great way to tell motorists when you're about to turn, and to catch someone's eye as they drive behind you. Unless you're cycling in a large group, it's usually best to avoid traditional cyclist hand signals, such as raising your left hand when you're about to make a right turn. Most motorists won't understand what you mean, or worse, think that you're about to make a left turn. Simply pointing in the direction you're about to turn is usually the safest plan.

This article was created Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. Be sure to review your local cycling ordinances to ensure you ride safe and legally!

Chapter Four: Getting Across Non-Standard Intersections

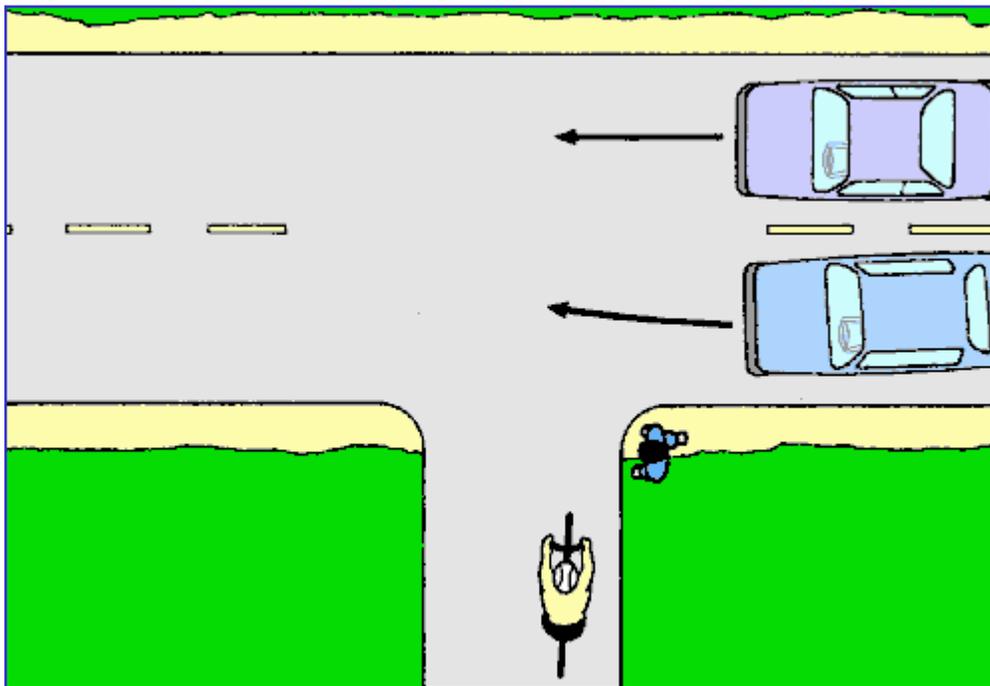
Not all intersections are of the standard, "crossroads" type. Though the same principles of lane positioning apply to all intersection maneuvers, some situations can be confusing and deserve a second look.

ENTERING THE ROAD

Bicyclists sometimes will ride against traffic or take unusual routes across intersections to get to their lane positions. Don't do it!

Instead, look for a good place to enter, where you can start out with a normal intersection maneuver: a left or right turn, or a lane change to merge into traffic. The traffic laws apply as soon as you're on the road, and even if you have to walk your bike a short distance to a driveway, a legal start is much safer. Besides, you often get started faster, since you can then move with the normal flow of traffic.

When entering the road from a narrow driveway, ride down its middle. A pedestrian could be approaching on the sidewalk from either side, and a car could be about to enter the driveway from either direction. By placing yourself in the middle, you can see in both directions equally well.



When entering the road, look left, but always look right as well for pedestrians and overtaking cars.

Even when preparing for a right turn onto a rural highway, look left, right, left, and then right again. A car approaching from your right can pull out to pass very quickly and head for you in the lane you're about to enter.

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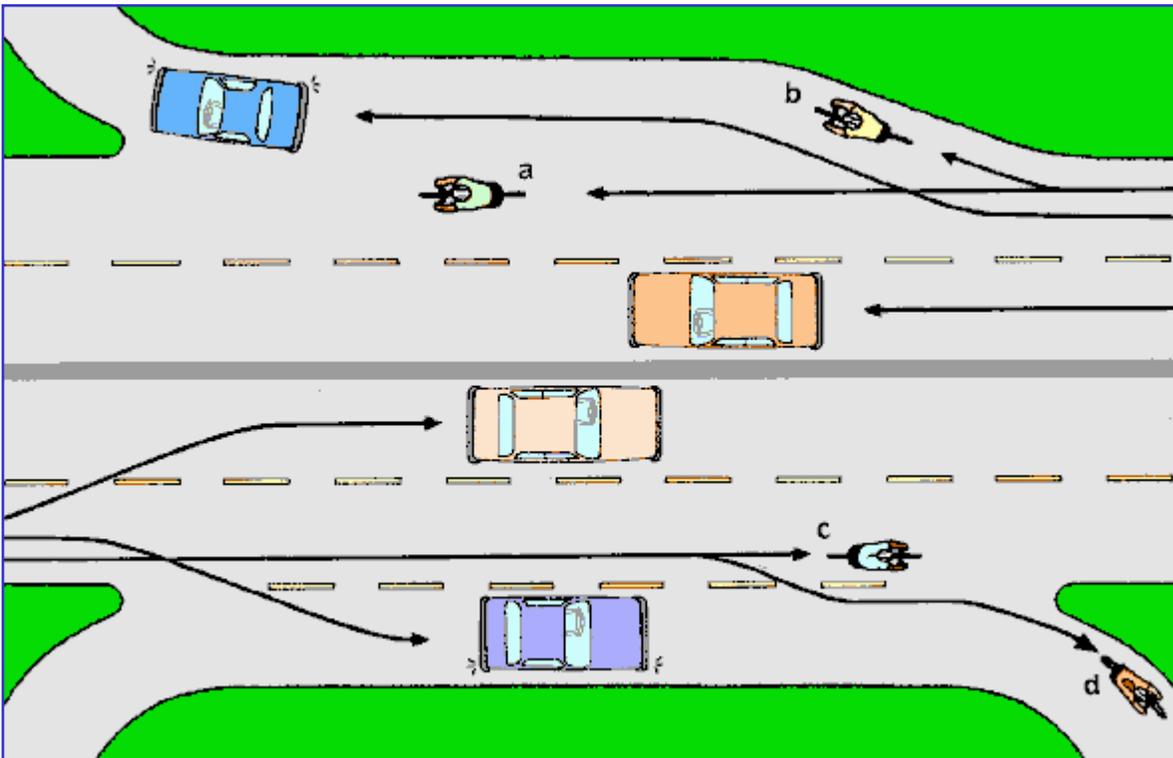
Diagonal Intersections

Traffic follows the usual rules at a diagonal intersection, but it's harder for drivers to look into the diagonal cross street behind them. Be especially careful of vans and trucks, which have a right rear blindspot.

Some of the turns in a diagonal intersection aren't very sharp, so cars may not slow down very much. Be alert to oncoming left-turning traffic, and be sure the drivers have seen you.

ON-AND-OFF RAMPS

When you're riding along a road and an on-ramp comes in from the right, stay in your normal lane position. Traffic from behind you on the ramp will first pass to your right, and then to your left.



If passing an on ramp or off ramp as in (a), ride in a straight line. Enter or exit by following the right side of the ramp as in (b). If a combined roadway is short, keep your position as in (c), avoiding the need to merge right and then left again. You may avoid having to merge across a lane by riding the left side of a ramp as in (d), but then move into your normal lane position when traffic allows.

An off-ramp is much like a right-turn lane, except that the traffic is faster. If you're going straight and the ramp goes off to the right, stay in your normal traffic position, to its left. The exiting traffic will pass you on your right, and the through traffic will pass you on your left.

When you're passing an off-ramp, exiting drivers may hesitate to pass you on the right. It's effective to stay a little farther to the left than usual and make a left-turn signal. Drivers can see your hand signal for hundreds of feet behind you, so it's useful even when cars are traveling at highway speed.

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TWO LEFT TURNS IN A ROW

Sometimes you need to make two left turns quickly, one after the other; for example, if you're turning left at an intersection and then turning left into a driveway at the middle of the block.

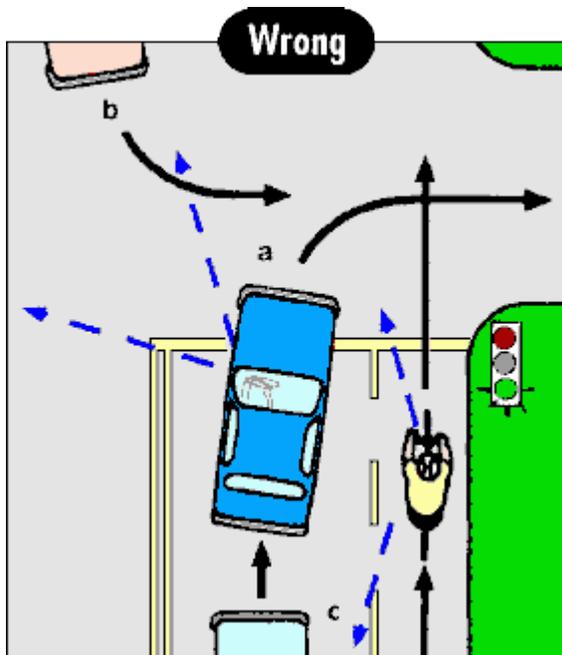
In this case, don't head for the right side of the street after the first left turn. You may not have time to change lanes to the left again. Finish your first left turn in the correct lane to begin your second left turn.

LEFT TURNS ON ONE-WAY STREETS

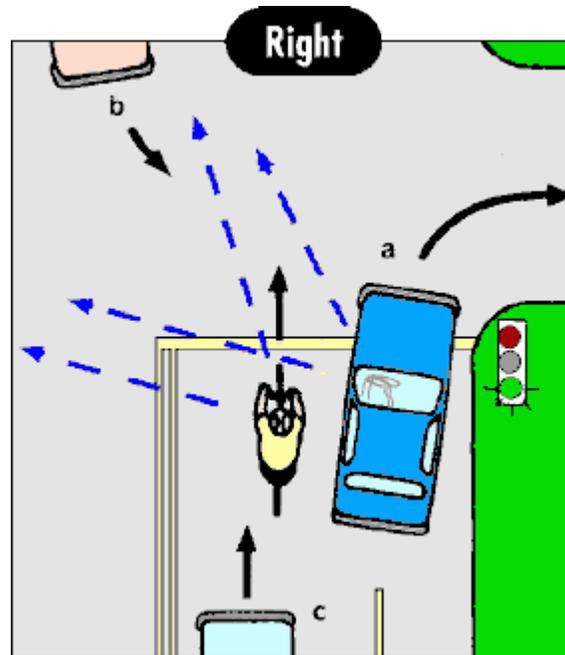
If a one-way street is two or more lanes wide, laws in most places allow you to ride at either side. When you make a left turn from a one-way street onto another one-way street, it's easiest and safest to ride around the corner on the left.

BIKE LANES AT INTERSECTIONS

Bike lanes give bicyclists a narrow lane to the right of motorists. Sometimes you must ride outside the bike lane to be safe, especially at intersections. Pass slower vehicles on the left. If you pass on the right, the vehicle you are passing might turn right without the driver ever seeing you, and that vehicle also hides you from oncoming drivers who might turn left in front of you.



Bike lane right turn problems. Straight-through bicyclist must cross paths with right-turning traffic. Motorist (a) must look left and ahead for other traffic and may not see the bicyclist. If motorist (a) does yield to bicyclist, left-turning motorist (b), who can not see the bicyclist, may proceed into path of the bicyclist, and motorist (c) must wait. The bicyclist, not sure if motorists (a) and (c) are turning, must look both backward and forward.



The bicyclist has merged out of the bike lane in advance of the intersection. Now nobody has to look backward and forward at the same time. Motorist (a) can make a safe and legal right turn. The bicyclist and motorist (c) can both continue through the intersection. Motorist (b) can see the bicyclist and knows to yield. Dashing of bike lane stripe indicates to right-turning motorists that they should merge right.

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A one-way roadway can have on- and off-ramps to the left side. When entering on a ramp from the left, ride along its left side, then the left side of the roadway until you can merge across to your normal lane position. When exiting on a ramp to the left, cross to the left before the ramp and ride on the left side of the ramp until it is safe to move to your normal lane position.

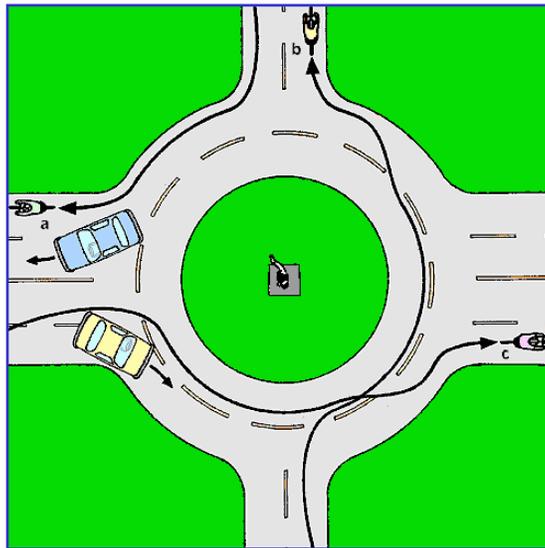
Sometimes two roadways will join or divide, but the total number of lanes will stay the same: For example, a couple of one-lane roads can join into a single two-lane one-way road. In high-speed traffic, it's best to ride near the edge, as with ramps. When entering or exiting from the left in slower traffic, you may ride on the right side of the left road, so you avoid having to cross as many lanes.

TRAFFIC CIRCLES

A traffic circle is a left-curving street with several side streets going off to the right.

The right lane of a traffic circle is, then, a right-turn lane used by entering and exiting traffic. Enter the traffic circle in the right lane if you're going to turn right at the first exit. But if you're going past the first exit, change lanes to the inside as you enter the circle. Ride around at the outer edge of the inside lane. It sometimes helps to make a left-turn signal while in the inside lane; drivers then feel comfortable about passing you on the right as they exit the circle.

Change back to the outside lane as you approach your exit. Use your normal tactics and hand signals for lane-changing.



Traffic circle or rotary intersection: Keep to the right if you will take the first exit, as in (a). Ride in the inside lane if you are going past the first exit, as in (b) and (c).

Because of the traffic circle's left curve, cars go straight to turn right. For this reason, it's especially dangerous to cross an exit of a traffic circle in the right lane. Bicyclists who always keep to the right will tell you that traffic circles are very dangerous. On the other hand, you'll find it surprisingly easy to ride around in the inside lane. Drivers don't go very fast there, since they follow the curve

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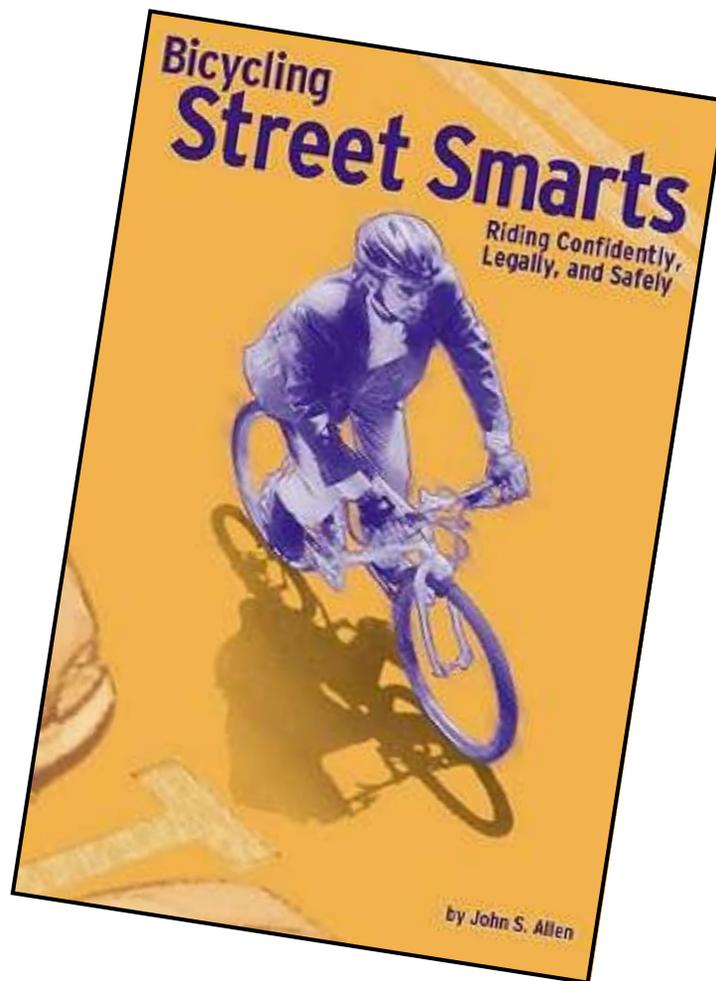
Street Smarts - John S. Allen

When turning left, merge left before the intersection as described earlier in this booklet. When going straight through, don't let right-turning traffic get on your left and "hook" you. Unless the bike lane goes to the left of a right turn lane, this means moving left (out of the bike lane) before the intersection, merging into line with the cars. When turning right you can usually stay in the bike lane.

Some motorists may think that the bike lane is "your space" and you should stay in it. Your safety is more important. Bike lane or not, follow the lane positioning guidelines in this booklet.

SUMMARY

And there they are - the difficult intersection types. Once you can handle these, you can ride just about anywhere. You can even figure out how to handle intersections not described here by using the principles of lane changing and positioning on which all intersection maneuvers are based.



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Bicycling Blogs

Brian Managan:

[Click here](#)

Life Behind Bars; Some categories are: [Commuting](#) (1), [General](#) (6), [Hosting](#) (4), [Rides](#) (15), [Touring](#) (39), [Uncategorized](#) (3), [Videos](#) (4)

Bicycle Safety News Blogs: *New Feature*

Below you will find links to interesting, and sometimes controversial, articles about [Bicycling Safety](#).

Richard DeSarra

[To Be Announced](#)

will soon begin a series on our Facebook Page of **WHAT IS,?** This will begin to explain terms used in bicycle advocacy such as, What is Warm Showers, What are Bike Boxes, What is a Bicycle Boulevards, etc.

We Love Cycling

[Click here](#)

A Blog to enjoy different aspects of Cycling: *with Tour de France*

The Geek Cyclist - Cycling Tips, Guides & Gear Reviews. *How to stay safe on the Road*

[Click here](#)

Urban Bicycle Journeys (suggested by Harvey Botzman)

[Click here](#)

Thoughts while pedaling.

RBC Facebook Page

[Click here](#)

Facebook/Events/Reviews/Photos/Posts/Community

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

Board Meeting Minutes



Rochester Bicycling Club Board of Directors Meeting: December 10, 2018

Present: Todd Calvin, Brad Jensen, Dana Black, Mark Robbins, Wendy Romano, Kathy Riegel, Steve Riegel, Veronica Benzing, Otto Muller-Girard, Paul Knerr

The meeting was called to order at 6:30 pm by Paul.

The minutes from the previous board meeting (Nov 12) were approved, with suggested revision.

Treasurer Report: Dana, submitted by E-mail:

Account balances as of November 30, 2018 for the Rochester Bicycling Club:

Checking:\$ 5,204 PayPal: \$ 904 Investment: \$14,615

Ride Chair Report:

Steve shared that Dolomite Lodge has been booked for April 6 for official Kickoff dinner and ride. He noted that rides can be added (and likely will be) prior to that date via RBC Meetup. More than half of the 2019 rides were signed up for at the Volunteer Dinner. About $\frac{3}{4}$ of the Supported Rides were signed up for.

Education Chair Report: Andy S. submitted by E-mail:

Ride of Silence- No updates

Safety, Advocacy and Education Group & Facebook group- No real news

Membership

is stable. Postings are about the same as over the last few months. I suggest no changes to the SAEG at this time. But if we don't see some increase of traffic after this season we might want to revisit this Facebook presence.

Clinics:

No movement since the Nov report. However in the next few weeks I will visit and finalize the Penfield Rec Center as a venue. Then start on the calendar.

Maps:

Otto reported that there are 10 new maps to be created, and 28 to be edited. Brian Pack will help with 3 of the new ones, and they are aiming to get most done by start of season. The requests have been prioritized – one factor is dates rides are scheduled. Mark offered to help with GPS routes if needed.

Safety Committee:

Dana reported that the group has met three times and should have a draft report for the board in February.

Jersey:

Kathy will send out email in January to see if there are members interested in designing a new jersey, at same time conveying that new supply of our current jersey will be ordered soon and available for sale. Mark will try to

continued on the next page >>>

Board Meeting Minutes - continued

get new supply ordered in Feb, after giving interested members a chance to submit their sizes. Dana suggested that we make it clear to women that there is a sleeveless version.

Winter Media Show:

Brian had informed board that price of MCC venue is higher than anticipated. The group discussed the value of using MCC, as the setting and high quality equipment is best for this meeting's purpose.

Dana motioned that MCC be the venue for the 2019 Winter Media Show, Kathy seconded, approved. Paul will follow-up with Brian.

It will be communicated via RBC Meetup (Kathy & Steve), Facebook (Kathy), Web (Brad) and newsletter (Brian)

Offer for Training:

Group discussed the proposal made by Bob Cooper (offering financial support to a board member wishing to qualify as a *CyclingSavvy* instructor). Many acknowledged the value provided by Cycling Savvy. Brad will provide a link on the Web, and Kathy will consider using some of the educational topics for Facebook. Since no current board members are interested in becoming an instructor, it was suggested that the opportunity be shared with past board members. Kathy will follow up with Bob Cooper.

Bicycling Education in Rochester:

This topic was postponed to next month as Richard was not present.

RBC T-shirts:

Brad presented costs and past sales of RBC t-shirts and a proposal to liquidate remaining inventory in 2019. Proposal: price remaining inventory -online sales \$12.00 with free shipping, -at events \$10.00 .

Mark motioned to sell tshirts as per proposal. Todd seconded it. Approved.

Newsletter:

Board discussed interested candidate, and several (Veronica, Todd, Brad, and Paul) offered to meet with him in person to discuss the role. Kathy will contact him to let him know that.

New Member Rides:

Mark proposed that some 2019 rides be run with additional publicity, post ride refreshments, welcoming, and extra leaders. He offered to take the lead role in this. Board members supported this, suggesting end of May and June, and that club veterans be embedded into the rides. Steve encouraged Mark to look at the rides and choose ones that may work. A suggestion was made to provide information (eg. handout) about riding with the club to new attendees. A suggestion was made to put a link to relevant info on RBC Meetup – Brad will do that.

Member Mingles:

Steve suggested opportunities to mingle before the season begins – drinks and hors d'oeuvres. Board members supported this, suggesting Feb or March. Kathy will check out a place that may work and will encourage others to check out places.

Publicity:

Mark mentioned that Kathy shared an email from ADK to its members, looking for help to get Publicity into the current decade. He asked for names of members who have expressed interest in working on Publicity. Kathy will provide.

Next Meeting:

6:30 pm on January 14 at Legacy Senior Community at Willow Pond; located on 40 Willow Pond Way, Penfield, NY 14526.

The meeting was adjourned at 8:20 pm.

Minutes taken by Kathy R.

Board Meeting Minutes



Board Minutes: January 14, 2019

OPENING

The regular meeting of the Rochester Bicycling Club was called to order at 6:35 by Paul Knerr.

PRESENT

Kathy Riegel, Steve Riegel, Dana Black, Otto Muller-Girard, Brad Jensen, Greg Turner, Paul Knerr, Nancy Rohlin

APPROVAL OF MINUTES

The minutes of the 12/18 meeting were unanimously approved.

CHAIR REPORTS:

Treasurer: Dana

Account Balances as of 11/30/18

Checking: \$5,703

PayPal: \$589

Investment: \$14,131

Education: Andy

Ride of Silence: No updates.

Safety, Advocacy and Education Group Facebook group:

No real news. Membership is stable. Postings are about the same as over the last few months. I suggest no changes to the SAEG at this time. At some point in the future a review of SAGE cost benefit, involving regular posters, should be considered.

Clinics:

A 2019 schedule for Feb-May has been established. June-Oct is still pending.

Progress has been made in the 2019 clinic planning. Sabrina (the Penfield Rec contact person) has approved the tentative clinic date schedule for the first part of the season, (Feb – May). The reminder dates (June, July and possible Oct) will likely be addressed soon. I have attached a calendar of the dates and clinic topics.

Penfield will handle attendee registrations. I have asked that all clinic attendees register, for any clinic topic they will attend. We will be able to check on current registrations for any clinic up to the date of said clinic. The Safety Class and the Flat Tire clinics will have size limits (10 for the SC and 14 for the FT) and one half of each size limit will be reserved for the RBC members and the other half for non-members (possible Penfield residents). The Safety Class registration fees will be handed over to the RBC, in full, via a check after the classes are held. If we still wish to offer a registration refund/credit for club members who attend both parts of the safety Classes we would take care of this “in house”.

Some coordination between our website and that of Penfield will be needed. I suspect that will be sharing links to each other's clinic pages and Penfield's registration page. I still need to supply Penfield with clinic descriptions for their calendar listings. I will give them my email as the contact for questions or comments from potential attendees.

We still need to supply Penfield with a copy of our 2019 insurance certificate listing them as a co insured.

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Board Meeting Minutes - continued

Clinic Schedule 2019

Feb 28: Prepare Your Bike
Mar 12: Flat Tire
28: Prepare Your Bike
Apr 9: Flat Tire
25: Flat Tire
May 9: Safety Class
11: Safety Class
23: All About Your Bike
28: Wheels

Above are the confirmed dates. Below are still tentative dates:

June early: Flat Tire (6/4 or 6)
mid: Safety Class 1 and 2 (6/11 or 13 AND 6/15)
late: All About Your Bike (6/25 or 27)
July early: Flat Tire (7/9 or 7/11)
mid: Safety Class 1 and 2 (7/16 or 18 AND 7/20)
Oct mid: Indoor Riding (Too Far to Schedule)

Ride Chair: Steve

No report

Maps: Otto

Working on updates

Safety: Andy, Mark, Dana

Continuing work on survey

New Jersey: Nancy

On hold pending evaluation

Current Jersey: Mark

Reviewed Mark's draft e-mail, Kathy will edit and send to membership

Winter Media Show:

2/9/19 6 PM at MCC

Dana checking on insurance

Food:

Kathy: cookies, brownies

Nancy: chips

Todd: soda

Brad: paper goods

Brian has presenters lined up

Kathy will make announcements on meetup, Facebook and e mail

Spring Banquet:

Awards committee meets early February

Lodge is reserved

Food will be discussed in March

Brad will send out e-mail concerning awards

Summarize the discussion for new issues, state the next steps, and assign any action item.

NEW BUSINESS

Bicycle education in Rochester: Richard DeSarra

LCIs are in the planning stages of their classes which should be finalized within March

The RCA has approved merger with Reconnect Rochester. They will be hiring a PT Bicycle Coordinator to do

Board Meeting Minutes - continued

bicycle advocacy about 20 hours per week, announcements will be on both organizations Facebook and web-sites soon

Urban Cycling Coordinator

The Urban Cycling Coordinator is charged with a mission to promote cycling activities in the Rochester urban area, using Rochester Bicycling Club resources.

Develop and coordinate one day cycling events within the city of Rochester

Work with Ride Director to develop and lead periodic rides within the city of Rochester

Encourage urban membership in the Rochester Bicycling Club

Make the RBC board aware of unique needs within the urban cycling community

Motion made by Paul to establish Urban Cycling Coordinator as a temporary position to be filled by Kecia McCullough

Motion seconded by Dana

Unanimously approved by the board

Newsletter Editor:

Dale will continue until a new volunteer is found

Bike Case:

Volunteer needed to store 3 cases

Paul will arrange pick up

Summer Events:

Rochester Criterium May 11

RBC will have a booth

Kathy will coordinate volunteers

Andrew Spiller Memorial Challenge Ride

July 20

Dana will book the East Lodge at Mendon Ponds Park

We need new coordinator

Ride of Silence

May 15

Kecia to coordinate

Need insurance certificate

ADK Expo

June 9

Paul to coordinate volunteers

Tour de Cure

June 9

Todd and Bonnie to coordinate

Commercial Usage of our communication resources:

No announcements will be posted on meetup

A formal policy will be discussed

Kathy will draft some ideas

TIMELINE ITEMS

Steve and Kathy will update brochure

Otto will update cd content and send to Brad

Automatic renewal reminders sent out 2/1/19

MEETING ADJOURNED

Paul at 8:02 PM

Minutes taken by Kathy Riegel

Member Ads

CANNONDALE SYNAPSE CARBON

\$1,200

Frame	Synapse Carbon
Fork	Synapse S.A. V.E. Ultra Carbon
Frame size	58cm
Rims (NEW)	Shimano Ultegra 6700 Tubeless
Tires (NEW)	Hutchison Fusion Tubeless
Front/Rear Derailleurs	Shimano Ultegra 6700
Brakes	Shimano Ultegra 6700
Brake/Shift Levers	Shimano Ultegra 6700
Cables	GORE Ride On Professional
Crank	Shimano Ultegra 6700 Compact
50/34	
Rear Cassette	Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition (See Pictures)
Pedals not included



Call 585 202 9763

For Sale

Trek 7200 WSD

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



<http://www.bikepedia.com/quickbike/BikeSpecs.aspx?>

For Sale

Homemade short wheelbase recumbent bike and
carrier with many accessories.

Reduced price \$95.00

Call Larry Johnson

315-524-8244

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



For Sale

Panniers:

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

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

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

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

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

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



FOR SALE:

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

Components are a mix of Dura-Ace and Ultegra.

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

Contact for questions is David Snyder, 943-
4050.

doorknob@rochester.rr.com

Asking \$1,100 / OBO

Member Ads

FOR SALE

Used Bicycle Clothing:

Jerseys – short and long sleeve.

Shorts, tights, socks, gloves.

Bell helmet.

Booties, toe warmers.

arm warmers, leg warmers.

Mostly size medium or large.

Bontrager road shoes,

size 9 US, 42 European.

Bargain priced!

Call G. Mitchell: 585-621-1906

gmitch@rochester.rr.com

For Sale

Gently used Terry Bicycle

- 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

fraida.levinson@gmail.com



For Sale:

BMC Pro Machine Carbon Tour de France level race bike.

Ten Speed SRAM Red/Force components.

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

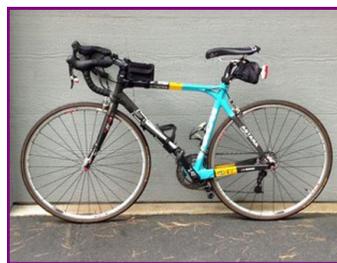
Size 52 Frame.

Bike weight under 18 pounds.

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

Contact Steve Sussman:

732-763-0784



For Sale

2017 Orbea Orca 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.



Contact: les@tryonbike.com

Member Ads

For Sale:

Bacchetta Cafe Recumbent bike.
Well-maintained, excellent condition.
New Schwalbe Marathin tires.
Some accessories.

Loved this bike - many amazing miles.

Asking \$785

Call, text or email for more details and more photos.

Neal Holtzman, 585-752-7103.

nealholtzman@yahoo.com



Seen on Rides



For Sale

LONG WHEELBASE RECUMBENT BIKES

- 1. Rans Stratus XP**
-color red, aluminum frame, SRAM X9 components, with computer and kickstand. Very good condition and well maintained. Asking \$1400
- 2. Rans Extreme**
-color yellow,, SRAM X7 components, with computer and kickstand. only 300 miles of use, and well maintained. Asking \$1700



NOTE: PRICES ARE NEGOTIABLE ON ALL ITEMS*

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

-Almost new large that fits on recumbent seat backs (Asking \$80)

Contact: The Bicycle Man at 21 Alfred Station, NY
607-587-8835 Wed-Sat 10am - 6pm

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

For Sale

Rans Screamer Sport Recumbent Tandem.

Excellent Condition, Independent Pedaling System, New Tires, about 2,000 miles. Asking \$3500.

Contact Dave Hurd at alberthurd@icloud.com

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



Member Ads

For Sale:

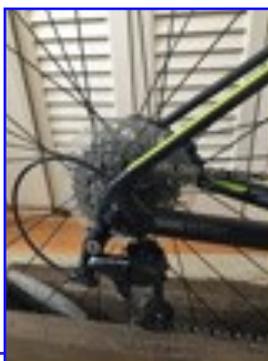
2018 Fuji Absolute

Full Carbon road/hybrid bike:

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

Asking \$850 or best offer.

Contact ; joycedeblick0@gmail.com



For Sale:

Fuji Ace 650c Kid's Roadbike - Asking \$300

- Fuji's Ace 650c is the perfect introduction to road riding for younger and smaller cyclists.
- 14 speed drivetrain
- Shimano components
- 13.75" frame.
- Cleaned in my local bike shop today!

Katie Evans

katieevans140@gmail.com

585-857-1070

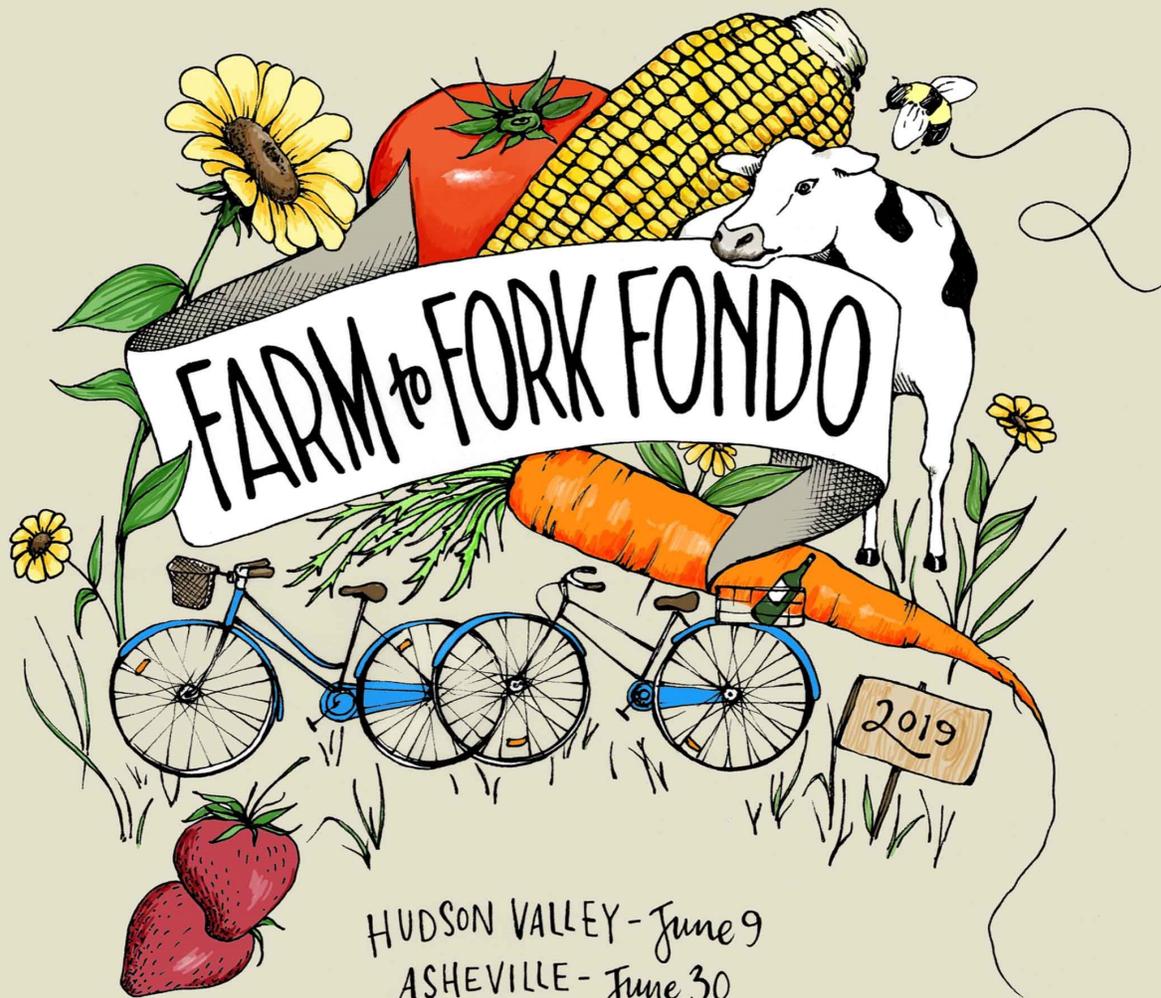


Your Ad Here

This Ad Space is free to all RBC Members who wish to Advertise their bicycling equipment

Send your Ad copy to:

rbcnewz@yahoo.com



HUDSON VALLEY - June 9
ASHEVILLE - June 30
CHAMPLAIN ISLANDS - July 21
FINGER LAKES - Aug 10
PENNSYLVANIA DUTCH - Aug 24
SHENANDOAH - Sept 15
BERKSHIRES - Sept 29
LOUISVILLE - Oct 20



March 2019

RENT THIS SPACE!

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

Show our readership your Business Ad!

Rates are:

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

\$15.00 1/2 Page

\$25.00 Full Page

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

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

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2019 RBC Elected and Appointed Positions

Officers: (Voting)

President

Paul Knerr
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Vice President

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Secretary

Greg Turner
637-7045
gregturner@frontiernet.net

Treasurer

Dana Black
478-8187
dana.black82@gmail.com

Directors: (Voting)

Education

Andy Stewart
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Maps

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Rides

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Directors: (Voting, cont'd)

Immediate Past President

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Members-at-Large: (Voting)

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Wendy Romano
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Greg H. Turner
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Appointed Positions: (non-voting)

Librarian

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LAB Touring

Ride information
Club Representative
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Legal

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(800) 943-3529
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Coordinators: (non-voting)

Awards

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Road & Trail Advocacy

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Supported Rides

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Urban Rides

Kecia L McCullough
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Web Site

Brad Jensen
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Bike Cases

<http://rbc.wildapricot.org/event-2930100>

Winter Meeting

Brian Managan
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