



The Flower City Cyclist

Rochester Bicycle Club



Welcome

Welcome to The Flower City Cyclist, Rochester Bicycle 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

Bicycle Safety Course

Thursday May 9, 2019 | 7:00 pm
Penfield Rec Center (Back Parking Lot) | 1985 Baird Rd, Penfield

Bicycle Safety Course

Saturday May 11, 2019 | 1:00 pm
Penfield Rec Center (Back Parking Lot) | 1985 Baird Rd, Penfield

Board Meeting

Monday May 13, 2019 | 6:30 pm
Legacy at Willow Pond | 40 Willow Pond Way, Penfield

Ride of Silence

Wednesday May 15, 2019 | 6:15 pm
Parcel 5 | Downtown Rochester

All About Your Bike

Thursday May 23, 2019 | 7:30 pm
Penfield Rec Center | 1985 Baird Rd, Penfield

Wheels Explained

Tuesday May 28, 2019 | 7:30 pm
Penfield Rec Center | 1985 Baird Rd, Penfield

Newsletter Publications

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

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

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

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





From the President

Early season rides can be quite humbling. Take the ride out of Mendon last Wednesday. I started out with my normal riding buddies. Then after 4 miles, I dropped like a rock. The hills just killed me. Hills used to be my strength... not anymore! I came within a few yards of the group two times. But each time there was another hill, and I was already at the limit. Ugh! Riding down Boughton Hill road I was caught by Sue. She kindly waited for me at several points. On Willis Hill road, I kept seeing the words “Slow Down” vertically on each of the speed limit signs. This was not any encouragement! We continued on, with me struggling, and crawling up each little bump in the road. The early bike season always requires some suffering and training to get back in shape. It just seems this year is harder than ever. But I’ll be out there again next Wednesday, because you don’t get any better sitting at a desk or on a couch.



So what else have I been up to? Somehow I “volunteered” to coordinate three RBC events, which includes coordinating volunteers to staff tables and promote the RBC. The first event is the Rochester Twilight Criterium, which will take place on May 11th. This is a great event where professional men and women cyclists take to the streets of Rochester. They ride really fast around a closed loop course for between an hour and 90 minutes. And don’t forget to come early to see the kids’ races. It’s a wonderful festive atmosphere. The second event is the ADK Expo on June 8th. This event promotes all types of outdoor activities. Unfortunately many of you will be at the Rochester Tour de Cure that day. And finally the third event is the Rochester Women’s Bike Fest. On June 15th, at the Adams Street Rec center there will be speakers, workshops, and bike giveaways that are 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.

And if that isn’t enough, in May and June I am leading several rides on Thursday. These are the Show-N-Go rides from the Penfield Library. Several have named this start location the “Slow-N-Go.” And if that’s true, so be it. Come out and ride socially with us. I look forward to seeing and talking with many of you this season. I encourage you to check out some rides and events this season.

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. 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.



Ride Chair Corner

Some annoying weather has gotten in our way, but most of us are finally getting out on the road! It feels great to roll along in the fresh air, taking in all the spring blooms of flowers and trees! Lilacs should be popping very soon, and the air will smell wonderful with the scent! For some reason this year, there have been a lot of cute and lively cows out, begging to be photographed. Check out the photos that have accumulated so far in the [RBC Meetup Photos](#) page to spot them (hint: on some Show & Go rides... really!).



A couple weeks ago, we had our ride leaders meeting. In addition to reviewing basic responsibilities (scouting the route, communicating via meetup, signing folks in, route details/detours/stops, etc.), we also had lots of good discussion on relevant safety tips, starting larger groups, reporting incidents, why it is important to sign the waiver, as well as helping folks find others to ride with and/or adjusting the route for them. Much of this information is useful to riders, as well. Check out the presentation slides and associated information located on the [Information for Ride Leaders](#) (Rides | Ride Leaders Info) section of the [RBC website](#).

And don't forget to review safe cycling information as we ramp up. We have a great collection of concise, high quality documents on our [Bicycle Safety & Education](#) (Resources | Bicycle Safety & Education) page. "[How not to get hit by cars](#)" looks good to me! And "[Bicycling Street Smarts](#)" is one of the best publications around.

Lori Burch, our local League of American Bicyclists (LAB) certified instructor, was also there to highlight key tips for our Ride Leaders to emphasize with our riders. Lori's Bicycle Safety Course classes are well-regarded, including outdoor training on how to clearly communicate and be predictable to traffic, emergency bike handling skills, and more. Consider taking these classes this summer. There will be three chances (two sessions each), May 9 and 11, June 11 and 15, and July 16 and 20. Folks who have were surprised at how much they did not know, even being life-long cyclists themselves. See the [Clinics](#) (Resources | Clinics) section of our website to sign up.

Want to jazz up rides a bit? Something any of us can do is to add "icing to the cake." Don't hesitate to suggest getting together for a bite (or sip) after a ride! While we get to know each other pretty well while riding, it's often nice to talk about more over a snack or meal. Everyone has thoughts, knowledge, experiences, vacation ideas, and tips that helps each other enjoy riding all the more. The best ways to share these things is to spend some time with others, both on and off the bike.

Enjoy the season!





What is New With RBC Maps

Hello fellow RBC members. By now you've been able to get in a ride or two or more if you're like me. I have even had a ride without arm and leg warmers. YAY!!

This month I would like to discuss map and route revisions. Last month I mentioned that there were 23 revised maps in the 2019 maps database. Since I wrote that piece, I had to revise 4 more maps and RWGPS routes in response to changes to conditions on the ground. Three of those involve a start location change and one is a route change.

The start location changes affect three routes that started from the former K Mart plaza at Chili and Coldwater Rds. (58 Chili Center - Caledonia, 296 Six Towns Tour, and 396 Chili Center - Oatka Creek). The K Mart store has been closed for some time and is now being converted to multiple stores. The parking area is not suitable for use due to the construction. Those routes now start from Two Fronts Plaza, formerly Chili - Paul Plaza. Please park in the northwest corner of the lot close to Paul Rd.

The route change was for 186 Walworth - Victor and was made due to ongoing construction on Quaker Rd. We decided to change the route as the construction is related to the High Acres landfill and seems to reoccur every year.

These examples show why it is best to always get the latest map or route data from the RBC website maps database or RWGPS. The changes noted here were made on short notice based on late breaking information to improve the ride experience and you would not know about the changes if you relied on old information.

The following routes and maps have been revised for 2019: 37, 45, 58, 101, 114, 170, 186, 198, 236, 239, 255, 296, 345, 363, 396, 407, 423, 427, 428, 429, 430, 431, and 437.

Wishing you happy riding!



Welcome New and Returning RBC Members!

- | | |
|-------------------|--------------------|
| * Timothy Barry | * Valerie Lonzi |
| * Nicole Bell | * Sharon Lott |
| * Arjan Berkeljon | * Richard Malehorn |
| * Timothy Christo | * Pamela Murray |
| * Pat Doner | * John Solberg |
| * Brenda Figueroa | |
| * Rich Furstoss | |
| * Sarah Henry | |
| * Keri Kamali | |
| * Michael Kamali | |
| * Brian Klafehn | |
| * Thomas Lonzi | |

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!



Urban Rides

Hello fellow cyclists! I am Kecia L McCullough, RBC's Urban Cycling Coordinator.

New this season, we will host several themed bicycle rides throughout the City of Rochester. All of the rides will be slow paced, mostly flat, and guided. Each themed ride will have a unique twist!

On the "Frederick Douglass" ride, we will visit Douglass' statues and learn the rich history between Douglass and our city. On the "Garden" ride, we will visit local gardens, which beautify the city. During the "Blessing Bags on a Bike" ride, cyclists will distribute nonperishable items to the homeless of our city. On the "Wall Therapy" ride, we will view artistic murals.



Sound like fun? Keep your eyes and ears open! The ride dates and start locations can be found on [RBC Meetup](#).



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.



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.





Spring Kickoff Banquet and Ride

Fifty-nine (59) riders came out on one of the first nice days of the season for the kickoff ride.. That is in contrast to only 3 riders last year when there was snow on the ground. The lodge was nicely decorated with blue and yellow table cloths. Some of the highlights:



- * The new RBC business cards were available for members to take and hand out to prospective members.
- * It was good to see Bob Lechner attend and stay for the banquet and awards.
- * Andy Stewart presented the Safety Committee's new [Incident Report](#).
- * Bonnie and Todd talked about the RBC Tour de Cure Team (diabetes.org/rbc). As of the date of the banquet, they had 36 members and had already raised over \$9,000 toward a goal of \$14,000. They encouraged other RBC members to join.
- * Brian talked about 2 upcoming events, the Seneca White Deer Tour on April 27 and the Adventure Cycling event on May 2 in Rochester.
- * Mark Robbins and Joe Voelkel presented the awards. One of the highlights was the presentation of the Poet Laureate Award to Kevin McFarland and Ed Hansen. Mark and Joe read their poems and presented Kevin and Ed with rhyming dictionaries.
- * Robert Pittrof carried off 4 awards: Most Rides, Most Improved Rider, High Mileage Male, and he also became a member of the 2000 mile club.
- * Ken Hansen received 3 awards: Most Supported Rides, Most Improved, and he became a member of the 1000 mile club.
- * Grant Morey received 2 awards: Most Improved and he became a member of the 1000 mile club.
- * Bonnie Maclean received the George Rennie Award for her efforts in organizing the first RBC Tour de Cure team. The 2018 team of 31 riders raised over \$12,000 and received the Tour de Cure's Rookie Team of the Year Award.
- * Mark Robbins was presented with the Dick Burns Hall of Fame Award for his many years of service to the RBC. He has been a board member for the past 10 years serving in many positions. He has also been in charge of the RBC jerseys from design, ordering, and sales for the past 10 years. He organized the Challenge Ride and Picnic the past 2 years and is currently working on the Safety Committee. Since Mark was also on the Awards Committee, the rest of the committee had to take extra measures to keep the award a secret.





The following awards were presented:

- * Hall of Fame Award: Mark Robbins
- * George Rennie Award: Bonnie MacLean
- * 1000 Mile Club: Ken Hansen and Grant Morey
- * 2000 Mile Club: Robert Pittrof
- * Best New Riders: Amy Krebs and Mark White
- * Most Improved Riders: Mike Lutz, George Orosz, Ken Hansen, Grant Morey, and Robert Pittrof
- * High Mileage: Robert Pittrof and Monica Guenther
- * High Mileage Couple: Kathy and Steve Riegel
- * Most Rides Led: Dave Ennis
- * Most Supported Rides: Ken Hansen
- * Most Total Rides: Robert Pittrof
- * Stone Saddle Award: Will Haines
- * Big Chain Ring Award: Mike Kabat
- * Jules K GQ Award: Kathy and Steve Riegel
- * Polar Pedalers: Will Haines, Kevin McFarland, and Brian Managan
- * Ride Manager Extraordinaire: Louis Isganitis
- * RBC Poet Laureate Award: Kevin McFarland and Ed Hansen



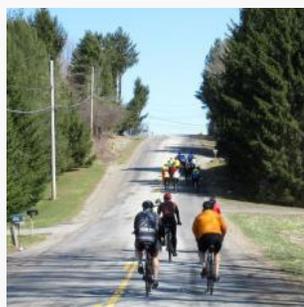
A special thank you to Will, Steve, and Kathy for the ride photos and Tim Guenther for the awards photos. All the photos from the ride and the banquet can be viewed on [RBC Meetup](#) ([Walworth Wanderer](#) and [Awards/Kickoff Dinner](#)).

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.





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.

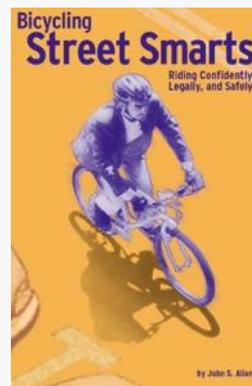
If interested, please contact Kerrie Merz (kmerz@diabetes.org).



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.

Bike Jersey Search!

After seeing this jersey for the first time at the RBC 50th Anniversary party, Will asked if anyone had a L or XL, and willing to spare.



Over a year later, after reading the special 50th Anniversary version of our newsletter, he asked again. This could be worth big bucks to someone who can help Will fulfill his wish! Anyone got one? Contact Will (willhaines@gmail.com).





***Come downtown on May 11th to enjoy
pro bike racing on Rochester city streets!***

Produced by Full Moon Vista-your neighborhood bike shop!

fullmoonvista.com / rochestercrit.com



Post a Ride

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

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

Most folks like weekday rides in the 20-40 mile range and not too far to drive. In addition to the local ones, some remote challenging rides also exist. Are two rides that occur at the same time allowed? Of course! However, if someone has already posted a ride similar to what you are considering, it is better not to post another. If you think your ride may be a better choice, contact the other ride leader to see if they are willing to change. It is always nice to gather club members to ride together. We may have different speeds and styles, but for many of us, we can change based on who shows up.

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!

Shared Lane Markings

What are shared lane markings (SLMs) or “sharrows”?

They are road markings used to indicate a shared lane environment for bicycles and automobiles. Among other benefits, shared lane markings reinforce the legitimacy of bicycle traffic on the street, recommend proper bicyclist positioning, and may be configured to offer directional and wayfinding guidance.

The shared lane marking is a pavement marking with a variety of uses to support a complete bikeway network. It is not a facility type and should not be considered a substitute for bike lanes, cycle tracks, or other separation treatments where these types of facilities are otherwise warranted or space permits.



Section 9C.07 of the Manual on Uniform Traffic Control Devices (MUTCD) outlines guidance for shared lane markings.



DEMO DAYS

2019

3400 MONROE AVE
PITTSFORD
585.381.3080

600 JAY SCUTTI BLVD
HENRIETTA
585.427.2110

ALL BIKES ON SALE

2019 BIKES
10%
GIFT CARD

2018 BIKES
15% OFF

2017 BIKES
20% OFF

2016 BIKES
25% OFF

COME JOIN US FOR OUR DEMO DAY

- FREE COOKOUT
- RAFFLES
- TEST RIDES
- TENT SALE
- VENDOR SPECIALS
- PRIZES ALL DAY



10AM - 5PM

MAIN EVENT

PITTSFORD LOCATION

FREE T-SHIRT TO THE FIRST 75 CUSTOMERS!



Safety Corner

Welcome to our first Safety Corner article. In last month's newsletter, we told you about a new RBC project to collect reports from our members on club bicycling incidents. The form and its guidelines can be found on the [RBC website](#) (Resources | Bicycle Safety & Education). We are collecting incident reports for two reasons: to share the reports with you while always preserving confidentiality and possibly with your help, to see how the incident might have been avoided. This month, we are providing summaries of two incidents. In all cases, for readability and to preserve confidentiality, we will assume the rider is a male.

New Pedals

Incident: This involved a cyclist coming to a stop at an intersection. The cyclist was unable to unclip from his left pedal and toppled over to the left, hitting his left knee. The cyclist was able to get up and continue to the ride's finish (about 10 more miles). The cyclist said he had just gotten new road type shoes and was using a loaner pair of pedals from the bike shop.

Analysis: This is a very common type of fall when first using new or different pedals/clips or even new shoes.

Advice: Whenever using new or different pedals or cleats be sure to check the release by clipping and unclipping before you begin your ride. If release is difficult, adjust the release adjustment on your pedals until it is correct. If you are concerned about not being able to unclip quickly, try to anticipate your need to stop and unclip from one pedal as you begin slowing down. Reposition that foot back onto the pedal without clipping in to maintain stability and control as you continue to slow down. Use proper technique when unclipping. Rotating one's heel outwards to disengage is far easier if the leg is straight, that is when the foot is at the bottom of the pedal stroke. Then moving that unclipped pedal to the top of the stroke will allow the other foot, still clipped in, to be used as the "step stool" to make stopping (and restarting) a more controlled action.

Four Way Stop Sign Intersection

Incident: Two cyclists riding single file came up to a four way stop intersection heading west. As they approached the intersection, they signaled a left turn and moved to the left portion of the lane, close to the yellow line. The cyclists arrived at the four way stop just after a car that was heading north and before a pickup truck that was heading east, directly opposite the cyclists. After the northbound car turned left, there was a short moment when no one moved. The cyclists reported that when they started forward to make the left turn to go south, the pickup truck moved forward into the intersection. Both cyclists were able to swerve right to avoid the truck and have it pass. As it proceeded through the intersection, the pickup truck slowed, the driver rolled down his window and yelled that they should have signaled if they were intending to turn. After the pickup truck passed, they were able to make the left and proceed safely down the road.

Analysis: The most obvious problem was the lack of visual communication. The driver of the pickup truck likely did not see the left turn signal made by the cyclists when approaching the intersection. Although the cyclists were positioned correctly in the left portion of the lane, the driver of the pickup truck might not have recognized that behavior as cyclists turning left.

Advice: Ensure that drivers of the other vehicles in the intersection see your planned direction. Always signal your intention to turn in an obvious manner to all vehicles nearby and follow up with eye contact with the other drivers to ensure they acknowledge you. You may also want to point a finger to yourself and then your intended direction of travel.



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 #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.

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."





2019 RBC Tour de Cure Team Update

The RBC Tour de Cure Team is gearing up for Tour Day on June 8. There is still time to join our team! Here are a few things to consider:

- * Outdoor training is underway for all registered Tour de Cure riders. In addition to our own club rides, team members can participate in organized Tour rides every Saturday, Sunday, Tuesday, and Wednesday from now through the week before the Tour.
- * RBC is helping with Rochester Tour training rides! This is a great opportunity to encourage new riders or those who are setting new goals for Tour day. Our Tuesday night rides in Victor are designated as Tour training rides and we could use some help with leading these rides. Please contact Bonnie (bonniesmaclean@gmail.com) if you are able to help on a Tuesday, or two, or three.
- * This year's Tour includes a 3.5 mile walk and run options. So if you have a friend or family member who might like to participate, but does not ride, there is an option to join our Team and to be part of this exciting day!
- * The Rochester Tour de Cure has been the #1 Tour in the country for two years in a row. It is a very large event, something you must experience to fully appreciate! It is a source of pride for the Rochester cycling community, and we are so excited to be participating in and contributing to the success of the Rochester Tour de Cure.
- * The RBC Tour de Cure Team is currently 37 members strong, and we are so proud to be making such a big contribution to the Rochester Tour de Cure. Please join us! Visit the [RBC Tour de Cure Team](http://diabetes.org/rbc) page (diabetes.org/rbc) to join our team. You can also browse through the list of those who have already registered with our team!

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

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 facebook.com/rochesterwomenbike for more information.





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!!



3rd Annual Blood Drive in Memory of Jerry Vogt

Thursday May 9th, 2019
1:00 pm to 6:00 pm

Bethany Presbyterian Church | Large Hall
3000 Dewey Ave Rochester, NY 14616

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February Board Meeting Minutes Summary

Below is the meeting minutes summary of the March 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: \$3,047, PayPal: \$1,079, Investment: \$14,133

Rochester Twilight Criterium:

- * Scott Page presented. Crossing guards needed. Date 5/11. Paul to coordinate volunteers. RBC will publicize Cyclocross Clinic 9/4 - 9/6.

Education:

- * Ride of Silence: No news. Sent Kecia second email offering to help.
- * Safety, Advocacy, and Education Group Facebook group: Would be a good device to distribute insights we gain from the Incident Report.
- * Clinics: 2019 schedule complete, on Penfield Rec website. First clinic held on 2/28.

Ride Chair:

- * 2 rides left to be filled.

Maps:

- * Map and Route Request Procedure and Guidelines Draft presented.

Safety:

- * Review of Safety Reporting Form. Board approved distribution. Paul proposed trial period, to be reviewed in September.

List of "Safety Dos" for Ride Leaders:

- * Kathy will include in ride leader packets.

Spring Banquet:

- * 4/06 at Penfield Lodge. Motion for \$200 for awards budget approved.

Newsletter Editor:

- * Motion to appoint Veronica Benzing as the Newsletter Editor approved.

"Support our Local Bike Shops" Newsletter Page:

- * Mark proposed page with logos or business cards for LBS's. He will contact them.

RBC Communication Policy Draft 2:

- * Motion to add the communication policy to the RBC policies approved.



Misc Updates:

- * NYBC management changes.
- * 2019 Active Transportation Summit: 5/23, Riverside Hotel. Motion for \$450 for scholarships approved.
- * Merger RCA and Reconnect Rochester. Hiring of a part time Bicycle Coordinator.

Educational Materials:

- * Motion for \$450 for printed educational materials for new member mailings approved.

Business Cards:

- * Samples shown by Todd. Veronica to create a design.

Bob-O Strong Social Rides:

- * A note to be published in next Bob update.

Ride of Silence

On Wednesday May 15, cyclists all over the nation commit to being reflective, slowing down and quiet as they pay honor and respect to fallen cyclists who have either been injured or killed by a motor vehicle while riding their bicycles. We invite you to ride silently with us. Everyone is invited from racers to recreational riders, commuters, canal path coasters, and newbies alike! The only sounds during this ride will be that of our gear shifts, bikes wheels, and our thoughts as we remember and honor those who have been injured and/or killed while cycling.



Rochester will join over 300 other cities in riding together as one silent voice. Rochester area cyclists from varied backgrounds and all levels of cycling abilities will gather at Parcel 5 ([275 E Main Street](#)) downtown for the International 17th annual and Rochester's 10th Ride of Silence event. Our primary focus is the awareness and safety of cyclists. We also seek to bring this conversation to the forefront and to work collaboratively ensuring the safety of all individuals who share our roads as we labor towards completion of [Vision Zero](#).

Onsite registration starts at 5:30 pm and pre-ride ceremony is at 6:15 pm. We roll out at 7:00 pm sharp, onto a slow-paced, flat [9 mile route](#), approximately 1 hour long bike ride accompanied by designated bike angels, bike mechanics, and the Rochester Police Department. The only requirements to participate in this ride besides a bike and helmet are the ability to ride along at about 10 mph and the desire to quietly celebrate the fallen.

We hope that you will spend an evening away from the hectic lives we typically lead for this hour of quiet reflection. Please join us and over 10,000 other cyclists worldwide on Wednesday May 15, 2019. Please read the [guidelines](#) prior to attending.

Follow the [Ride of Silence Rochester Facebook](#) page. Volunteers are needed so if you are interested in volunteering, please email Kecia (bgdbrochny@gmail.com).



ADK 22nd Annual Outdoor Expo

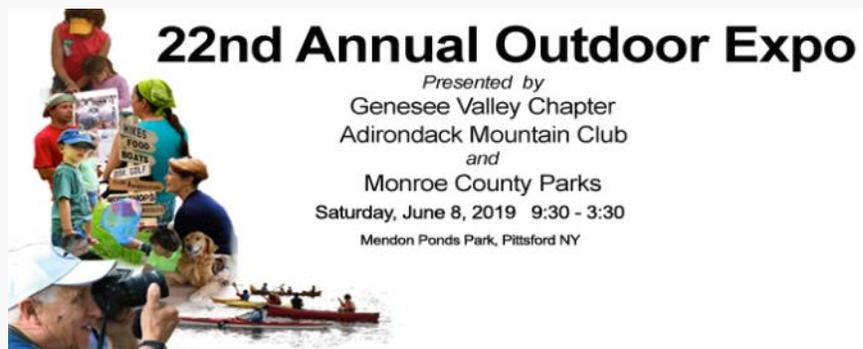
The [ADK's 22nd Annual Outdoor Expo](#) offers a day of learning opportunities to enhance your enjoyment for outdoor recreation on both land and water.

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

Past workshops have included:

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

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





MVP Health Care Rochester Twilight Criterium

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



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

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

Highlights for 2019:

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

For more information, visit rochestercrit.com.

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





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