



# The Flower City Cyclist

Rochester Bicycling Club



## Welcome

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

Enjoy the read!

## Upcoming Events

### Autumn Banquet

November 9, 2019 | 6:00 pm  
Glendoveers | 2328 Old Browncroft Road, Rochester

### Board Meeting

November 11, 2019 | 6:30 pm  
Legacy at Willow Pond | 40 Willow Pond Way, Penfield

## Our Mission

- \* Teach and promote bicycling for transportation, recreation, and health.
- \* Preserve and proclaim the rights of bicyclists as vehicle operators.
- \* Schedule and organize bicycle rides, tours, and other activities on a regular basis.
- \* Cooperate with other groups in promoting bicycling.
- \* Advocate the use of approved helmets.

## Member Ads

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

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

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





### From the President

The riding season is coming to a close. In October we saw leaves changing and cooler temperatures. I did locate my knee warmers, jacket, and gloves.... and yes, I needed them. I enjoyed riding the Tour de Letchworth. This ride starts in Mt Morris and goes south down the length of the park. It was a beautiful, cool fall day. We stopped a few times to take pictures (see the [pictures](#) on RBC Meetup) and admire the many colored leaves and the majestic river gorge. This ride also included a stop at the Castile Cider Mill. Donuts and cider were a pleasant refreshment mid-ride. Fall is a great time to enjoy leaf colors and harvest foods.

Safety was a big issue again last month. Sadly we saw the death of a cyclist in Clarkson. A Brockport teacher, Carrie Ray, was hit and killed on Rt 260. Will Haines has taken up this issue and received support from the town. There are plans for a memorial ride to honor Carrie. Look for details as they become available. Additionally, we have seen a few other accidents on the road. The Safety Committee has received the reports and is looking into these incidents.

I hope to see many of you at the Autumn Banquet. This is a great end of the season gathering. Then as the new year starts, we will hold our annual Winter Multimedia Show. If any of you have summer adventures you would like to share, please contact us. Prepare for winter and stay fit.

Paul Knerr (President)



### Rochester Bicycle Safety Advocacy and Education

The Rochester Bicycle Safety Advocacy and Education Facebook Group was created in 2015 by Rochester Bicycling Club members for the purpose of offering all members of the bicycling community an open forum for sharing information and engaging in discussion related to bicycle safety, advocacy, and education.



The group's vision is that cyclists will be respected as a normal part of traffic. It is our hope that this group can play a positive role in helping all members of the cycling community to ride more safely and become more effective cycling advocates.

This is a public group, which means that all persons who have a Facebook account are free to join in the discussion. To join, while in Facebook, simply search for "Rochester Bicycle Safety Advocacy".





### Ride Chair Corner

The fall colors really popped this year! They ran behind a week or two, but made up for it in brilliance. Check out the [photos](#) from recent rides on RBC Meetup... they're amazing!

Heartfelt thanks to all who led rides this year. Because of you, folks have a diverse schedule that they can count on and are enjoying their experiences with other club members. That's why we are in RBC!

Particular thanks go to those who led calendar rides. Your commitment to run rides (or make sure they are covered) makes the season go so smoothly! Many hands make light work, and with so many of our active riders covering the scheduled rides, it all just flows. Additional thanks for our SR ride leaders. Significantly more attention and support is required to encourage folks new to riding. Many of us became hooked on cycling because of them. The enthusiasm and care that SR leaders show is very important and appreciated.



The first draft of the 2020 ride calendar will be available at the Autumn Banquet on November 9th. Please sign up for several rides if you can. Exact days/times of most rides (particularly weekends/holidays) are not set in stone, so if you see one you'd like to run on a different day or don't see a favorite listed, write it in at the dinner or let us know via email ([rbcrides@gmail.com](mailto:rbcrides@gmail.com)). The calendar often shuffles a bit as it settles-in through the winter. Also let us know of any new rides that should become RBC maps.

Finally, we like to give out humorous awards at the Spring kick-off, so if you recall any strange/funny memories from 2019 rides, let us or any of the board members know.

Remember to glance at RBC Meetup throughout the winter. We often get some good opportunities to ride, and many RBC folks love to get out of the "cabin" when possible! .

Steve and Kathy Riegel (Rides and Membership)

### Oldies

Here's a photo of RBC riders climbing Furman Hill in 1967! Boy we've come a long way with our lighter bikes and lower gears.

We have created an [RBC Oldies folder](#) on RBC Meetup. Please post any old photos for others to enjoy. We will use them for our newsletter and Facebook posts.



They don't have to be as old as this one... photos from 5, 10, 20 years ago will bring smiles to many.





## RBC Maps

I hope that you have had the opportunity to enjoy all the glorious fall riding we've had recently. As nice as it's been, the good weather days are numbered for this riding season so it's time to think of the next season and remind you that you should be submitting any new routes and route revisions for me to work on between now and next spring. If you have new routes, please coordinate with Steve Riegel, our Ride Chair ([rbcrides@gmail.com](mailto:rbcrides@gmail.com)), to have them placed on the ride calendar for next season. Routes that are included on the calendar have high priority for map work. Below is how I prioritize map work.



1. New or revised route and on ride calendar.
2. Revised routes not on ride calendar.
3. New routes not on ride calendar.

As a reminder, to learn more about the procedure for submitting a map request as well as to submit a request, visit the Members Area | [Map Request Procedure and Guidelines](#) section of the RBC website. Feel free to email me ([RBCMaps@gmail.com](mailto:RBCMaps@gmail.com)) about your request, but the information outlined within the procedure must still be included in order to begin the work. The deadline for requests for the 2020 riding season is November 30, 2019.

Again, if you have map or map request questions, please send me an email ([RBCMaps@gmail.com](mailto:RBCMaps@gmail.com)).

Hoping for more fall rides!

Otto Muller-Girard (Maps)

## Are You a Moderate Paced Rider?

All of our regular club rides are suitable for a wide range of riders. Participants average from 12-13 mph to 17-18 mph+. Having a diverse set of folks at club rides greatly increases the chance that everyone will have someone to ride with and are not struggling to "keep up." We all have different goals when riding... for some it is to ride fast, but for others it is to ride at a slower comfortable pace, enjoying scenery and conversation.

If you are a moderate paced rider (average 13 mph or less), here are some tips:

- \* RSVP for rides on RBC Meetup.
- \* Include a comment: "I plan to ride at a moderate pace (average 13 mph). Hope others will join me." or "Some of us plan to do this ride at a moderate 'touring' pace." Similarly-minded folks will magically join in as a result of seeing your note!
- \* Come to the rides with others who ride your speed and style. You will then be there for other moderate pacers!

For those just starting out or average less than 12-13 mph, the Supported Rides are shorter, easier, and have a sweep.



## Education: Light Types and Mounts

This is the last article in a three part series about bikes and lights.

NYS legal requirements state that a bicycle ridden between a half-hour after sunset and a half-hour before sunrise must be equipped with a white front head light visible in darkness for at least 500 feet and a red tail light visible for at least 300 feet. One of these lights must also be visible on each side for at least 200 feet (Sec. 1236(a)).

### Light Types

Some lights, generally the lower cost and less powerful ones, are powered by non rechargeable batteries. These are seen by drivers and since these batteries are so widely available, they are often the budget and touring choice. (This was Andy's choice on his cross country tour). Rechargeable lights tend to be more powerful (and the head lights allow you to spot potholes, etc) and are the choice of many commuters. However, if the battery goes bad (usually due to poor recharging practices), the light is no longer good either. A third design uses a wheel with a dynamo hub (an electricity producing device) for their power. These are the most involved, cost a lot with the hub/wheel included, and usually do not have a tail light feature. Joe often chooses the dynamo equipped bike he has for club rides.

### Mounting

There are some common mistakes when using/mounting lights. The most common problem is not having the light mounted so the angle that the brightness spreads out from the light's lens is not directed at the driver's eyes. Too many tail lights are drooping down either on their not well secured mounts or from a bag's "belt loop." Then there's the strap on lights that point to the sky because their mount has no angle adjustment. Most all modern LED flashers concentrate their light in a narrow beam and when this beam is not aimed at the driver, the effectiveness of the light drops off dramatically. (Take your light in your hand, hold it at arm's length, turn it on, and then slightly tilt the light up and down watching for the intensity changes). How and where the light is mounted is the number two problem. Too often lights that are blocked from view by the seat bag or other accessories. This is a real challenge on smaller bikes, especially when one has all the other club ride suggested gear. Computers, aero bars, and bags take up room on the minimal space the bars or seat post have. The last issue is the use of tiny lights (generally powered by watch batteries). These do take up less space but are also the weakest and thus are the least effectively seen. With the distraction these days, drivers do not readily see the little dots in the distance.

Effective lights are more dependent on proper mounting and well charged batteries (or a dynamo hub) than how many lumens the light puts out. Sadly, the bicycle industry has not made it easy to have accessories, lights included, mounted to the bike and not interfere with anything. We suggest bringing your bike along when looking to invest in lights to ensure that your bike can be equipped as it would be when riding (bags, computer/smart phone, aero bars, bottles, etc). Try to get the brightest light that fits the bike and the budget, since a brighter light will be better seen.

Unless we are in an incident and then end up dealing with our legal system, our goals are less about meeting the letter of the law and more about being effectively seen by the other motorists. It is our opinion that most modern lights are far better than no lights. But how one installs and then uses the lights counts a lot too. Lastly, no matter how well lit up or how bright your clothing is, your safety still depends, to a degree, on the attentiveness of those around you. This is why our advocacy efforts are so important.

Andy Stewart and Joe Voelkel



### Carrie Ray Tragedy and Advocacy

On Saturday October 5, Carrie Ray went out for a bike ride... like so many of us do on weekend days. She was riding on Sweden Walker Road (Route 260) in Clarkson when she was struck by a pickup truck and killed. Carrie was 46, a second grade teacher in the Brockport School District, a wife, a mother of three, a sister, a daughter, a friend... described by many as an "amazing woman."

Most of us did not know her personally, but it was understandably upsetting to all of us who cycle. Our common reaction is fear and the thought "I don't want to ride on the roads anymore" comes to mind. Most of us get back out there, believing the rewards are greater than the risks. But risks can be reduced, and this goes well beyond what the cyclist can do.

RBC member Will Haines, who frequently rides on Route 260, saw an opportunity... wide shoulders and reduced speed limits on this high traffic road, and he was spurred into action. He did research and took photos for a report that he sent to the NYS Department of Transportation (DOT). A clear view of the issue as well as his advocacy efforts are outlined on the [Route 260 Safety Concerns](#) website, which he created. The towns of Clarkson, Hamlin, and Sweden supported Will with a joint letter to the DOT.

His passion is apparent in the article "[Cyclist Demands Action After Tragedy on Route 260](#)" where he states "I'm in it for making that five-mile stretch safer for all of us. Not just cyclists, but everyone on that road."

Nice job Will! Thank you to all in our community who put energy into cycling advocacy!

Kathy Riegel



### 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.

### Welcome New/Returning RBC Members!

- \* Susanne Affolter
- \* Joan Sewert
- \* Donna Timmons
- \* Roseann Wells
- \* Robert Wells

### Winter Multimedia Show

Did you go on a cycling trip this past year? Consider sharing your scenic photos/videos during the Winter Multimedia Show.

If interested in presenting a 10 to 20 minute slideshow, contact Brian Managan ([brian@bcmbike.net](mailto:brian@bcmbike.net)).



### Member Benefit: Insurance

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

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

### Post a Ride

All RBC members can post rides. A ride can be posted as long as there is not a pre-scheduled ride on the calendar. Visit the [Schedule a Ride](#) page on the RBC website to post a ride. You must be an RBC member to post (see to [Adding Rides](#) for more information). If you are on RBC Meetup, 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 away. In addition to local rides, some remote challenging rides may be added. 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 most of us adapt based on who shows up.

If you want to add a unique ride (e.g., trail rides, family rides), contact [rbcrides@gmail.com](mailto:rbcrides@gmail.com) to add it to the calendar.

### 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!

### Humorous Awards Ideas

The Awards Committee is always in need for humorous awards ideas for our Spring Banquet. We also like to recognize people who go way “above and beyond.”



So now that the season is nearly ended, think back over the past year for those “special” incidents that merit recognition. Email ideas to [bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com). We will take it from there!





## Safety Corner: Drafting

Drafting is following a cyclist closely enough, which in turn reduces one's pedaling effort by as much as 20% to 30%! Drafting requires skill, concentration, and teamwork as riders form a paceline. "Free speed," some say... "risky riding," others will claim. Drafting is used in competitive events, but since RBC is not a racing club and riders' experience varies, drafting is sometimes not a good choice.

Drafting is a "dance" between the lead and the paceline riders, and all are responsible for a safe and effective experience. While any of the riders in the paceline can create a dangerous situation, it is usually the drafting rider(s) that will go down in a crash.

The lead cyclist has the following responsibilities:

- \* Maintain a consistent speed, follow a steady line, and determine best placement in the lane.
- \* Leave space for following riders to remain in a safe portion of the road.
- \* Look ahead for road hazards such as potholes, gravel, and stop signs (not easily seen by the cyclists within the paceline) and notify following cyclists about what they are about to ride through.
- \* Change the "line" slowly/early enough for following riders to react and adjust. If the speed or direction varies unexpectedly, a drafting rider could overlap and make contact with the rear wheel of the cyclist ahead. In this case, the rear rider's front wheel is pushed off center, causing the rear rider to swerve in order to maintain balance before, usually, crashing onto the road.
- \* Follow the route/map and signal the following riders.

The riders that are drafting also have some responsibilities. They should:

- \* Maintain a safe distance behind the leader's rear wheel.
- \* Look "through" or ahead of the riders that he/she is following. This will give the rider more time to react to the pace's ebb and flow and changing conditions.
- \* Position himself/herself well. Riding slightly to one side of a lead rider's rear wheel is safer, since it allows the rider to see ahead, and it provides escape options. It makes wheel to wheel contact less likely.

How close should the drafting rider follow? This depends on those involved and conditions; however, the ideal range is a wheel diameter to a bike length behind. The risk of contact and resulting crash grows exponentially as one gets closer. Rough roads and crosswinds further challenge the coordination among riders. Additionally, everyone's paceline riding skills are essential in determining how closely to follow.

Two paceline crashes have recently occurred on RBC rides. Contributing factors included cyclist new to paceline riding, unfamiliarity with route, change in pace that was not effectively communicated, and sudden distraction.

While it may be tempting for a strong cyclist with limited drafting experience to join a paceline on a group ride, that temptation should be tempered by good judgement. Some riding groups require that newer members remain at the back of pacelines until they gain experience. Cycling in a paceline requires teamwork and when someone gets hurt, it reflects on the group as a whole. Our experienced members are encouraged to become mentors and role models for best practices for those who are newer to drafting.

As always, we invite comments and discussion. Email us at [rbc\\_safety2@gmail.com](mailto:rbc_safety2@gmail.com).

Safety Committee (Mark Robbins, Dana Black, and Andy Stewart)



## September Board Meeting Minutes Summary

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

### Treasurer:

- \* Account Balances as of 8/31/19: Checking: \$7,293, PayPal: \$24, Investment: \$15,106

### Safety, Advocacy, and Education:

- \* Unsafe practices discussed. Board members attended rides to address incidents.

### Events:

- \* Member Mingle: Great event; 50+ attended. Cost slightly higher than planned. Consider another site.
- \* Autumn Banquet and Volunteer Recognition Dinner: Glendoveers; 11/9.
- \* Election Meeting: 10/8. Slate of candidates for 2020 approved. Urban Cycling Coordinator: motion to eliminate approved. Road & Trail Advocacy, Awards: discuss at future board meeting.

### New Items:

- \* Remembering Richard: Motion for up to \$500 for Richard DeSarra celebration approved.
- \* Supported Rides (SR) Leaders Wrap-up: Decision not to fund. No-cost alternative presented.

## Local Bike Shops Perks

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

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

## Did You Go on a Cycling Trip?

If you went on a cycling trip, consider writing a short article about your trip and include a few photos. Send the information to [rbcnews19@gmail.com](mailto:rbcnews19@gmail.com). Cyclists love to read about other cyclists' adventures!





## Advertising

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

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

1/4 page: \$10 per month (free for bike shops)

1/2 page: \$15 per month

Full page: \$25 per month

To advertise in the newsletter, submit your ad and payment via the RBC website. Click News | Place a Newsletter Ad and follow the instructions located on the [Place a Newsletter Ad](#) page. You can also email the ad file to [rbcnews19@gmail.com](mailto:rbcnews19@gmail.com).

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

## Newsletter Publications

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

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

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

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

## RBC Meetup Notifications

It is important to be connected to RBC Meetup, the club's communication mechanism for rides. Are you getting the emails you want to see from RBC Meetup? For example, announcements of added rides on weekdays?

If you've stopped receiving some, but not all emails, you might be getting those messages as "push notifications" on your phone/pad rather than emails. If a mobile device linked to your RBC Meetup account has push notifications active, corresponding emails won't be sent. When you enable a push notification, you will no longer receive the email that corresponds to that notification.

If you prefer to continue receiving emails as usual, you can disable push notifications entirely. If there are particular notifications for which you'd rather get an email, you can stop receiving that specific push notification.

To edit push notification settings, visit: <https://help.meetup.com/hc/en-us/articles/360002862972-Editing-my-push-notification-settings>. Push notification settings can only be edited via the Android or iOS app.





## RBC Board of Directors

### Officers

#### President

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#### Vice President

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#### Treasurer

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## RBC Coordinators

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#### Website

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#### LAB Touring/Ride information/Club Representative

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#### Supported Rides

Ken Hansen  
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#### Road & Trail Advocacy

Open

#### Bike Cases

Open  
[RBC Website](http://RBC Website)

