



The Flower City Cyclist

Rochester Bicycling Club

Welcome

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

Enjoy the read!

Our Mission

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

Member Ads

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

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

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

Upcoming Events

Board Meeting

September 9, 2019 | 6:30 pm
Legacy at Willow Pond | 40 Willow Pond Way,
Penfield

Rochester Cyclocross

September 7 and 8, 2019
Genesee Valley Park | 1000 E River Rd, Rochester

Highlander Cycle Tour

September 14, 2019
Bristol Mountain | 5662 NY 64, Canandaigua

Bike Your Park Day

September 28, 2019 | 10:00 am
Geneva Recreation Complex | 666 S Exchange Street,
Geneva

Coffee & Desserts Social/Elections Meeting

October 8, 2019 | 6:30 pm to 8:30 pm
Community Room | Eastside YMCA | 1835 Fairport
Nine Mile Point Road/RT 250, Penfield

Autumn Banquet/Volunteer Recognition Dinner

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





From the President

The start of school marks the end of some things and the beginning of others. I'm always sad to see the evening rides end. This year, these were my main rides. The end of summer is also the time we finally feel stronger, yet the shortened days prevent us from going the distance. This is the fate of living in this area. In August, I experienced several fantastic club rides. Part of what made them so memorable was the large groups that stayed together. One of these was the Corkscrew, where a group of ten set out to remember the old days of the Highlander Cycle Tour. It was a wonderful day of hill climbs, flat tires, passing through small towns, and even getting rained on for the last few miles... a classic Highlander ride.



I'm currently sitting in Oxford, England. This area has a very different cycling culture. Bicycles are everywhere! As you walk, bikes are locked to every railing. The bikes are mostly the commuter variety, with few racing bikes like the ones we ride at home. One alarming observation is that less than a third wear helmets (again quite different from our cycling culture). Observing the riders in traffic was also unique. Narrow roads are shared between bicycles and motor vehicles, and bikes blended in while buses and cars made space for them. Cyclists practiced "edge" riding, but the traffic didn't squeeze them. I hope that one day America catches the bicycling fever, with many more commuting or just riding for fun. However, I hope that this comes with the American improvements of more helmet use and safer lane control tactics.

I was pleased to see a very large turnout at the RBC Member Mingle. I talked with many people that I don't usually ride with. Apologies to those I didn't get to talk with. I hope that we can have another one of these soon. Looking ahead, there's a great selection of fall rides on the calendar. Just pick one and join us. I'm also looking forward to our fall gatherings. I hope to see you at our Coffee and Desserts Social/Elections Meeting in October or the Autumn Banquet/Volunteer Recognition Dinner in November.

Paul Knerr (President)



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.





Ride Chair Corner

After the cool/wet spring, this summer has been really nice for riding. We've done many great rides with you all, and heard about lots of other fun times and events! There have been riders of all speeds at most rides, and folks are naturally discovering new riding friends. Riders also tell us that they enjoy seeing each other at the start and overlapping during rides... isn't that the fun of club rides?! We've gotten to know many of you better (both old and new), and it is encouraging to see riders go beyond the sorts of rides they had become comfortable with.

Huge thanks to all of you who have made this such a successful season! In particular, ride leaders who commit months in advance and the many participants who are friendly to new faces and adapt their riding style/speed to welcome them. That is key to ensuring great experiences with our club.



[RBC Meetup](#) is working well for ride communications and questions, and is a great photo album for the club. It's wonderful to have a variety of folks post photos, so that we appreciate what others experience and discover, even on the same ride! These photos aren't lost... they come back in the newsletter and slide shows at our social events!

September is one of the best riding months with cooler temps, blue skies, and harvest treats. Evening rides wind down... remember that the last few start at 5:30 pm. The weekends have many great rides scheduled including seasonal favorites, so get out and enjoy!

Steve and Kathy Riegel (Rides and Membership)

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.



RBC Maps

Hi everyone! In this months column I'd like to report on the results of the RBC Maps survey that we conducted over the last 2 months. First, THANK YOU to all of you who responded! I am happy to have 39 responses and think this is a large enough sample of the active riding members to give a good picture of how RBC members access and use the various map options. The survey results follow.

How do you access the RBC routes?

Answers: Meetup - 27; RBC website - 24; RBC RWGPS - 19

It is quite clear that a lot of folks are using multiple means to access RBC routes. Breaking that down, of the 39 responses, 22 use a mix - 22, 7 Meetup only, 8 RBC website only, and 2 RWGPS only.

Do you use PDF maps, RWGPS on GPS, Phone, or computer?

Answers: PDF - 32; GPS - 11; Phone - 14; Computer - 12

Again most are using multiple means to show or display our routes. Of the 39 responses we have, 22 use a mix, 13 PDF only, 2 GPS only, 2 Phone only, and 0 Computer only. We can also say that 37 folks, almost every respondent uses RWGPS in some way. That's HUGE!

What have I learned from this exercise? PDF maps are still widely used and are greatly useful to the membership but RWGPS in some form is also being used by most riders. I was worried that use of the PDF maps was declining to a point where they weren't being used but that is clearly not the case as almost as many riders use PDFs as RWGPS. I have also learned that Meetup is very popular and is a great way to access the RBC routes as 27 of 39 used it.

Thanks again for your input! It's greatly appreciated and I learned a lot from this exercise. As always, let me know if you have questions and comments.

Otto Muller-Girard (Maps)



Local Bike Shops Perks

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

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





RBC Member Mingle

Last month, over 50 RBC-ers gathered at Knucklehead Craft Brewing in Webster for an "off the bike" social gathering. The place had great atmosphere, with plenty of seating and standing tables for folks to gather around and chat. Knucklehead surprised us with wonderful appetizers, including a couple of delicious hot dips. A diverse bunch was there, from club "newbies" to "committed" to those in for the "long," "longer," and "longest" hauls!

Photos of our cycling season played on the TV screen. Many of you added ride shots to RBC Meetup and we were able to download them and incorporate them into the show.

A few attendees sent comments afterward... some funny, some heartwarming:

- * "Very nice - should be done again."
- * "It was nice to see people in clothes. All of us appreciate all the work you guys do for the club!"
- * "This was a fun evening and I got to meet new people in the club."
- * "I had a great time tonight. Thanks to those who helped organize the get together."
- * "We looked so different wearing something other than bike attire! Almost did not recognize a few folks. :)."
- * "It was so fun to see everyone off the bike and have some time to visit. I got to see people that do other kinds of rides, who I don't normally see. And the social connection encouraged an inactive member to get back on the bike. I love it when that happens!"
- * "The RBC mingle was a wonderful mid-season event to talk with new RBC-ers and banter with long time members."
- * "We both enjoyed it. I got to know someone who I do not ride with."

Do you have ideas of other places we can hold a Member Mingle? If so, please email me (kriegel2@gmail.com).

As the season winds down, a couple more "off the bike" social gatherings are in the planning... in October, Coffee and Desserts (our annual election gathering) and in November the Autumn Banquet/Volunteer Recognition Dinner (a cocktail hour and dinner that all members can attend, but volunteers get in free). Stay tuned for more details.

Kathy Riegel (Membership)

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!





Education: Bikes and Lights

This is the first 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 headlight 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)).

Part 1: Tail Lights

Until recently, I only used my tail light when commuting after dark and when caught in rain. I have noticed more cyclists using flashing red tail lights for all rides, even in bright sunlight. A few weeks ago, someone commented that even though I was wearing a bright jersey, when I went into deep shade, only my light was visible. A group of riders with flashing red lights looks like a Christmas display from a distance... if that doesn't get a driver's attention, nothing will!

On another occasion, my companion thought to turn off her light when we were no longer on a busy road, in order to save battery. It occurred to me that it is just as important to have the light turned on when on a quiet road, because this is where drivers are least likely to expect to see a cyclist and the light alerts them to our presence that much sooner.

I had been in the habit of turning the light off at food breaks to save battery, but since I seldom remember to turn it back on, I now leave it on at all times. I try to remember to recharge after every ride.

Some Perspective from Andy Stewart

During day time rides there is no legal requirement, but many find comfort in using day time lights, especially tail lights. One of my observations is that tail lights are effective at long distance and less so when the observer is close to the cyclist. A well mounted tail light of common brightness can be seen hundreds of yards away... perfect for giving a driver a heads up, before getting close to overtaking the rider. As one closes in on the rider, the light stands out less and also becomes one of many visual inputs the driver is dealing with. So use tail lights during the day time as you feel the "need" to. Be aware that riders behind you may ask that you set it to a steady mode. When you're only a few feet away from the light, a strobe/flashing pattern can be annoying... mile after mile.

We welcome feedback and further discussion. To be continued in future issues... Part 2: Head Lights and Part 3: Mounting.

Monica Guenther and Andy Stewart





Bicycling Safety and Educational Tips

Gears and Shifting

Many cyclists don't fully understand gears or shifting. Here are some key shifting tips that might make this whole process a little clearer.

Moving the chain:

- * Closer to the frame of your bike makes the pedaling easier. This equals a lower number or using the larger shift lever on the right-hand shifter to move your chain.
- * Farther away from the frame of your bike makes the pedaling harder. This equals a higher number or using the smaller shift lever on the right-hand shifter to move your chain.

Shift to an easier gear when:

- * Going up an incline or hill.
- * When riding in a group and you need to slow your speed but want to keep your same cadence.
- * When riding into a headwind.

Shift to a harder gear when:

- * Going down an incline or hill.
- * When you want to go faster while keeping the same cadence.
- * When you feel like your feet/pedals are spinning too fast. It's better to shift to a harder gear than to pedal, pedal, pedal, coast, pedal, pedal, pedal, coast or to pedal like crazy all the time.
- * When you have a strong wind at your back so you can keep your comfortable cadence.

Lori Burch (Safety and Education Instructor)

SHIFTING GEARS

MOST BIKES HAVE GEARS, WHICH HELP THE RIDER TO EXERT NEARLY THE SAME AMOUNT OF PEDALING EFFORT ACROSS A VARIETY OF TERRAIN.

HERE'S WHAT YOU NEED TO KNOW ABOUT GEARS:

On flat/level ground, you'll want to be in the middle of your range of gears.



When it's getting harder to pedal (i.e. riding uphill), shift into an easier, lower gear. Each revolution will propel the bike a short distance, but it will take less effort to push the pedals.



When it's getting easier to pedal (i.e. riding downhill), you'll want to be in a harder, higher gear. Each revolution will propel the bike a long distance.



For best results, the chain needs to be in a generally straight line from the front chainring to the rear gears. If the chain isn't in a straight line you might be able to hear it complaining. If so, shift the rear gears to realign the chain.



AS THE CHAIN MOVES FURTHER AWAY FROM THE FRAME, THE EFFORT INCREASES.

TIPS FOR SMOOTH SHIFTING

- » Shift gears while you're pedaling—but not when you're pushing hard on the pedals.
- » Ease up slightly just as you shift, especially when changing the front gears.
- » Anticipate the need to change gears and try to change just before you start to push too hard or spin too fast.

Welcome New and Returning RBC Members!

- | | |
|------------------|---------------------|
| * Jim Bucklaew | * Leigh Rundell |
| * Paul Ditter | * Francis Schlimmer |
| * Kenneth Moore | * Bob Zackowski |
| * Mickey O'leary | * Karen Weston |





A Successful Advocacy Effort

On July 1, member Holly Turner, posted the following on the RBC Facebook page:

“Honeoye Falls - Avoid Hyde Park! On a training ride today, my husband and I chose to bypass the main intersection on Rt 65 at Honeoye Falls by taking Hyde Park which runs parallel to the creek. The town has recently made the road one way and installed a series of 3 speed 'humps'. These humps are closer to asphalt curbs and only marked by a sign, no yellow markings on the road. My husband hit the first curb at over 20 mph on his road bike and was launched a dozen feet before hitting the road end over end. Fortunately, he escaped with only scrapes and bruises, but it could have easily been worse... I've reached out to the Mendon Highway department to ask that the curbs be flattened into humps. This will still slow cars, but would no longer launch bicycles.”

Holly's initial actions were important. She took photos, captured data from Strava, reviewed road design guidance documents, followed up with appropriate authorities, and consulted with a bike attorney, Jim Reed (RBC's counsel). Initial responses from the village were disheartening but that changed over the next several weeks.

A RBC member forwarded Holly's Facebook post to Fast Friends (a local cycling forum), alerting riders to the dangerous situation and encouraging them to express concern to the Village of Honeoye Falls.

As a member of the RBC Safety Committee, I contacted Holly to offer advocacy support. Road construction guidelines indicated that the speed humps were improperly designed. After consulting with two road design engineers, we contacted Honeoye Falls' Director of the Department of Public Works. He explained that Hyde Park Road is used to bypass traffic in downtown and some motorists use excessive speed, causing concern to local residents. The speed humps were installed to address that concern. The Director was open to exploring traffic calming measures that would not pose danger for cyclists. I sent a follow up email that included speed hump design documents along with specific suggestions to reduce immediate risk. As a result of our advocacy efforts, changes were made. By July 26th, new "compliant" speed humps were in place.





Cycling advocacy can take many different forms and address any number of issues. This involved correction of a road hazard. Several actions taken may be applicable to other situations cyclists may encounter:

- * Gather evidence... take photos, preserve data from GPS/devices (e.g., time, travel direction, speed), jot down as much detail as possible, while fresh in your memory.
- * Look into applicable laws/regulations.
- * Publicize. This road hazard was posted on RBC's Facebook page. Besides providing a valuable safety alert, the posting opened the door for others to get involved.
- * Seek legal advice. For RBC members, RBC's attorney Jim Reed provides one free consultation for advice regarding a bicycling incident. Contact information can be found in the Members Area of the RBC website.
- * Consider contacting the RBC Safety Committee for advice/support (rbc_safety2@gmail.com).

Mark Robbins (Publicity and Safety Committee)

July Board Meeting Minutes Summary

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

Treasurer:

- * Account Balances as of 6/30/19: Checking: \$6,112, PayPal: \$614, Investment: \$14,832

Education:

- * Safety, Advocacy, and Education Group Facebook group: no news.
- * Clinics: 10 held. 6/11 and 6/15 Safety Classes canceled/no sign ups. 26 attendees (19 members, 7 non-members).

Summer Events:

- * Andrew Spiller Memorial Challenge Ride 7/20. Motion for funding \$150 approved.
- * T-shirts and jerseys will be for sale.
- * Member Mingle 8/13: Photos will be shown. Paul and Steve will say a few words.
- * Autumn Banquet and Volunteer Recognition Dinner: Glendoveers on Saturday, 11/9.
- * Women's Bike Fest: Extremely successful. 200 attended. RBC's donation among the largest and greatly appreciated. We look forward to sponsoring the event next year.

New Items:

- * Ride cancellations: Discussion about policy for Ride Leader's Guide.





Cycling the Canadian Rockies

As has been the tradition for a number of years, a few RBC members (Otto Muller-Girard, Dave Lamb, John Corman, Onno Kluyt, Bill and Sara Ture, Gary Schwenck, and Mike Bohn) got together for a week of cycling this summer. The location this year was the Canadian Rockies, and the group was a little larger than past years. The trip was a fully supported, guided group tour from [Mountain Madness Tours](#), based in Edmonton, Alberta. All agreed that it was the best bike tour the group has ever done with a tour company. Mountain Madness has been doing a bike tour in the area for years, but our group wanted to extend the typical itinerary to five full days of riding, and Mountain Madness was up to the task... including a bonus riding day, extra mile days, and some bonus climbs!

The riding was mostly on the Icefields Parkway, which is the main road connecting Jasper and Banff National Parks. Our group was full of climbers, and there was plenty of climbing on the trip, including the bonus climbs to fabulous Peyto Lake and to the Marmot Ski Center.

The final day of riding included summiting Highwood Pass, the highest paved road in Canada, again on a mostly vehicle free road, everyone took their own bragging rights photo at the sign at 7,239 feet.

The scenery was even more spectacular than expected, with everyone stopping to take numerous photos of glacial lakes, glaciers, waterfalls, mountains, bears, and other wildlife along the way. There were a couple off the bike walks too, including viewing Sunwapta and Athabasca Falls as well as Moraine Lake.

The tour left the entire group discussing the best riding of the week... was it the Bow Valley Parkway, which went from Lake Louise to the bike path into Banff, and had almost no cars, a smooth surface, and some single lane, one direction sections? Or the very first ride of the trip, when people averaged 22 mph or more on the mostly downhill, car free, road along Medicine Lake? For others, it was when we climbed nearly 2,300 feet in 9 miles to Marmot ski center, again, with not a single vehicle on the road, or, the Columbia Icefields Glacier day, when we climbed up over the 'big bump' before lunch, ate lunch while looking at the glacier, and then rode a 15k downhill. And there was also the bonus climb to the turquoise Peyto Lake followed by lunch lakeside on Bow Lake. For me, they are all great memories!

Lisa Roberts





Burning Bike MTB Festival

The Burning Bike MTB Festival took place on August 10 and 11 at Ontario County Park. The festival was organized by [Genesee Regional Off-Road Cyclists \(GROC\)](#) group. They are a wonderful organization whose goal is to help provide shared-use trails. Their efforts have helped the mountain biking community a ton since our area now has numerous trails that everyone can enjoy. They also offer group rides, including one for kids. The Little Rippers meet every Tuesday at Dryer Road Park. My daughter Julia, who is 7, enjoys it a ton! The group is super supportive, focusing on handling skills and lots of fun.



Joel, my husband, found out that a few of the families who attend the Little Rippers ride, decided to camp for the festival. We decided to join them. Ontario County park is so beautiful... the view from the top is amazing! It is also one of Joel's favorite places to mountain bike. It was definitely an appropriate venue for the festival.

The festival included clinics, activities for kids, group rides, a race, a food truck, and of course the bonfire. Joel and Julia joined the Little Rippers ride, while I went for a trail run (I do not mountain bike). The trails are super!



We also had the opportunity to organize the bonfire. I did not realize that one of the families who we were camping with was Dave Canning... he builds the bikes to be burned during the bonfire. He did such a super job... the bike was beautiful!! He tasked all the kids to gather sticks and then we helped build the bonfire. How fun was that!

The bonfire was perfect! It had a great turnout and the actual bonfire was roaring. It was also a clear night so the sky was spectacular!

The next morning, we attended the festival's pancake breakfast. It was nice not to have to cook breakfast at the campsite. The race took place after the breakfast, but we unfortunately had to take off.

We had a great time at the festival! And we will definitely go again next year.

Veronica Benzing (Newsletter Editor)





Bike Your Park Day

On Saturday September 28, join the local celebration as we ride our bikes to the only NY National Park, the Women's Rights National Historical Park.

The Susan B Anthony ride will start at the Geneva Recreation Building parking lot at 10 am and we will ride 10 miles each way (20 total) on the Seneca Cayuga trail and roads to the park and back. All bikes except skinny tires will handle the trail terrain well. Make sure to bring your bike helmet and a drink.



A group photo will be taken at the Declaration of Sentiments Water Wall!

In the past three years, over 35,000 people in all 50 states and 10 countries participated in Bike Your Park Day. The event is coordinated by Adventure Cycling Association, a nonprofit cycling organization.

For more information about the event, Bike Your Park Day, as well as to register for the Susan B Anthony ride, visit the Adventure Cycling Association's [event page](#) and [BikeYourParkDay.org](#).

"Bicycling has done more to emancipate women than anything else in the world."
~ Susan B. Anthony

Myth Buster: 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 [RBC 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!

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





Rochester Cyclocross

Don't miss the excitement of Cyclocross right here in Rochester! The 2019 UCI Rochester Cyclocross will take place on September 7 and 8 in Genesee Valley Park. A [XC Tech Clinic](#) will be held on Friday September 6.



Cyclocross is best described as an off-road bike race mixed with a steeplechase running race. Riders race laps around a short course (2.5 to 3.5km/1.5 to 2 miles) that usually features some pavement, some dirt, some woods, some steep hills, and for good measure, some obstacles thrown in that require riders to dismount, work their way through, and then get back on and ride some more. Races last about 30 to 60 minutes depending on the classification of the rider.

For more information about the clinic and event, visit rochestercyclocross.com.

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.

Did You Go on a Cycling Trip?

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

Highlander Cycle Tour

Climbing Strong since 2000, the Highlander Cycle Tour is an annual charity bicycle tour in parts of New York's famous Finger Lakes Wine Country.

The 20th anniversary ride will deliver some astonishing climbs and scenic terrain never before strung together.



Continuing the Tour de France style of keeping it fresh each year, this is one you'll not want to miss! With amazing roads, gravel/dirt, and single-track options available, there's something for everyone.

Course options will range in length from 30 to 100 miles, and degrees of difficulty from family friendly ride to quad burning. Some optional climbs even hit incredible grades up to 23%.

The Tour will take place on September 14, 2019 at Bristol Mountain. For more information, visit highlandercycletour.com.



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.

Consider adding rides on Monday and Friday evenings when there are none scheduled...perhaps a recovery ride. Or maybe a replacement for a missed ride on a rainy weekend. If you want to add a unique ride (e.g., trail rides, family rides), please contact rbcrides@gmail.com to add it to the calendar.

Autumn Banquet/Volunteer Recognition Dinner

Save the date!

This event will be held on Saturday, November 9 at [Glendoveers](#) (2328 Old Browncroft Road, Rochester). This will be our third year at this popular venue... it has great atmosphere and superb food!

As the season winds down, this gathering is a great way to catch up with your friends and meet other RBC members. A cocktail hour with hors d'oeuvres will be followed by a buffet dinner, coffee, and desserts.

All members will be invited to attend. Our volunteers attend free... it is the club's way of saying "thank you for helping out." Volunteers qualify by leading at least two club rides or volunteering for one other event in the past year. Look for your invitation to register in early October.

More information will be made available as the date gets closer.





Ride Stats: August

As of August 14th, 197 rides have been reported and another 34 scheduled rides had no riders. Twenty (20) ride sheets are outstanding. A total of 2,304 riders, consisting of 367 individuals, have so far accumulated 74,128 miles. Mileage and participation are up 20% compared to this time last year and about even with 2017. We had 149 rides with a weather rating of 4 or 5 (good-beautiful) vs 41 scheduled rides with a rating of 1 or 2 (nasty-poor).

Participating riders have averaged 6.3 rides and 203 miles.

- * 76 people have done 10 or more rides (up from 60 last year).
- * 31 people have done 20 or more rides (up from 26 last year).
- * 46 people have over 500 club miles.
- * 14 have hit the 1000 mile mark.

The top 38 riders account for 50% of the total club mileage. So far this year, we have had 128 first time riders, of whom 34 are new members.

We have also had 7 rides with over 30 riders including 3 with 50 or more riders. Each non-rainout has averaged 11.7 riders. When the weather is good, all the weekend rides average 15.6 riders. With good weather, the Wednesday Mendon rides average 17 riders and the Thursday Show & Go (both starts combined) average 19.4 riders. The Tuesday night Dryer Loops ride has had more than its share of bad weather, but when the weather is good they average 14 riders.

Mid-year individual ride stats have been posted on the [Ride Stats](#) section of the RBC website. See how you compare with your riding friends. There is plenty of time left to rack up more miles to meet your personal goals.

Brad Jensen (Ride Stats)

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).

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!





Advertising

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

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

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

1/2 page: \$15 per month

Full page: \$25 per month

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

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

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.

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.





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[RBC Website](#)

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