



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

Due to the COVID-19 pandemic, all RBC-sponsored events, clinics, and rides have been canceled until further notice.

Visit the [RBC website](#) for updates.

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.



From the President

We are in the midst of "New York State on Pause." The RBC is in full support of this program. We have canceled all events until further notice. Stay the course... we will get through this.

As you read this, many of you are home, working from home, or not working at all. We can only stay inside so long. Get out on your bike, take a walk, or go on a hike. But whatever you choose to do, respect the social distancing guidelines. This crisis is serious, but it will end. Take care of yourself and family.

Stay strong, stay safe, and keep a good attitude. We will get through this. I can't wait see many of you on a ride and talk about our experiences. Times like these make us stronger.

Paul Knerr (President)





Ride Chair Corner

Kathy showed me that I can enjoy riding in lower temperatures than I thought. She simply said "I'm going for a 25 mi ride at 1 pm." on a sunny/breezy 35-degree day. That's it... no explicit invite or anything. She knows I'll (usually) respond. And you know what, within the first mile or so, I'm genuinely OK and even (gasp!) happy to be out! Like so many things, it's just getting over the mental hump of starting the activity (or project, or chore, or whatever). Then my attitude changes and I feel good making it happen. Now, she can even get me out on hikes and walks around our neighborhood. Very relaxing to be outside. And on another front that I never dreamed I could compete, I can now sleep soundly for 7+ hours (she can do 9+ routinely). That's gotta help.



Weird times, but I'm sure we are all glad to see that individual cycling is OK. Like most of you, we have familiar routes from our home and are mixing, matching, reversing, slicing and dicing them to keep 'em fresh. At my age, they all seem new. That and other outdoor activities will get us through. We will also drive a little to ride some favorites. To pick routes, don't forget that RBC's PDF maps are online (can sort by column heading) and on RWGPS (includes turn-by-turn navigation on your phone for club routes). I'm pretty good at remembering unique and pretty roads throughout our region, so send me a note if you'd like my thoughts on a route you're considering (rbcrudes@gmail.com). If I don't know the area, I'll point you to someone who does.

In the meantime, while we wait for group riding to resume, here's something that's available near me. Since most folks won't be traveling to the Alps for cycling vacations this year, Waste Management, Fairport, and RBC have teamed up to bring a taste of the Alps to you! Some of the guys got to test this just before the lockdown and wanted me to pass it on so you'll all be encouraged to ride it when you get the chance.

L'Alpe du Furman

Furman Road between Carter and County Line has re-opened just in time for the 2020 Show & Go (S&G) RBC rides.

The town of Fairport, in conjunction with Waste Management (WM), re-sculpted the well-known Furman hill to make it more challenging and fun for all recreational groups. *"We needed a place to dump all the stuff they don't allow in High Acres Landfill,"* said an anonymous WM employee. *"It made quite a pile,"* he further added.

Long time S&G rider Chad said, *"This is fantastic! Furman was getting so easy and boring. Now we really can have some spirited runs up the hill!"* Don B, another S&G regular, said, *"And I can still do it on my fixie! I'm stoked!"* Laura C. noted, *"The hill repeats were a drag... this is much better!"* Dr. Bill commented, *"I don't think wheel sucking will work on it."* Pete thought, *"It appears to be a two Yoo-Hoo hill now."* Larry S mused, *"This settles the question of whether I really want to be in the first group up Furman."* Otto said, *"Just like the hills on Harpoon B2B... let's go!"* Onno returned from California when he heard about the project.



Turn #27 on the West face.



"It's great for downhill skills training too!" (Gary S.)



Half-way up new Furman heading East.



The last 10 turns.



Looking West from the top of new Furman.

It's probably going to feel like this when they finally let us out... see 'ya there! (This "tall tale" was originally published in 2013. Enjoy!)

Steve and Kathy Riegel (Rides and Membership)





RBC Maps

My how life changes in a month's time. Spring is sure here and I've been out for a few rides but they have been solitary thanks to the novel coronavirus outbreak. The new normal is going to be solo riding or with a friend or two who keep their distance. I know we're all affected and we want to get this over with as soon as possible. The best way to do that is to stay apart to minimize the risk of infection and let the active infections run their course. Remember you cannot tell who is infected and not yet showing symptoms. Social distancing is our best tool that we have so put it to use so we can get back to riding with all our friends.



This month's topic is RBC ride hilliness ratings. You have probably noticed that our maps usually have had a rating of Flat, Rolling, Moderate, Small Hills, Hilly, Very Hilly, Exceptionally Hilly, or Legs of Steel. You may have also noticed that the RBC Maps Database lists hilliness data in terms of feet per mile (ft/mi) in addition to the ratings just mentioned. Unfortunately, the ratings have not been consistently applied, which has caused some confusion among the map users. This is evident in the "Ride Hilliness Ratings - OLD" plot. In the plot you see that various hilliness ratings (different colors) overlap greatly. Also of concern is that the ft/mi data comes from a variety of sources such as GPS device data and RWGPS data.

So how do we improve this situation? First, going forward we will use RWGPS data to determine the distance and feet climbed for RBC routes. We'll do this for consistency. You probably have had the experience of comparing GPS data at the end of a ride with your friends to find that the values from the various devices can differ. Using RWGPS gives us a consistent value. You may not agree exactly but it should be close.

Second, we will rate the routes using the following system:

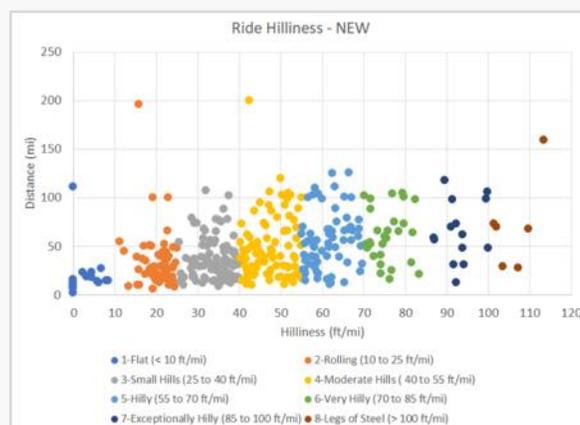
- 1-Flat: Less than 10 ft/mi
- 2-Rolling: 10 to 25 ft/mi
- 3-Small Hills: 25 to 40 ft/mi
- 4-Mod. Hills: 40 to 55 ft/mi
- 5-Hilly: 55 to 70 ft/mi
- 6-Very Hilly: 70 to 85 ft/mi
- 7-Except. Hilly: 85 to 100 ft/mi
- 8-Legs of Steel: >100 ft/mi

Now we see that the ratings and the ft/mi data are consistently applied ("Ride Hilliness - NEW" plot). Going forward I will use these ratings on all new 2020 maps. I will use a consistent format as follows,

Distance in miles, feet of climbing, Hilliness rating (xx ft/mi)

An example is taken from the new RBC route 448

40 MILES, 1628 ft CLIMBING, 4-MODERATE HILLS (40.8 ft/mi)





In the example above, the distance and climbing data comes from RWGPS. I will also update all the maps that are included on the 2020 ride calendar to use this format. But please don't expect for all be done for the start of the ride season as this is a big job that needs to be done manually. I'll work through them in chronological order so that they will be ready for you when the various routes are included on the calendar.

Let me close by saying that using climbing feet per mile, which is really the average grade for a route as a ride difficulty metric, is overly simplistic. There are other factors that affect one's perception of ride difficulty. The grade of the hills, the length of the hills, the weather, your personal fitness, and the distance the ride covers are also important factors in ride difficulty. The problem is that these are difficult to quantify in a simple manner. Please use the hilliness ratings along with the ride profiles in RWGPS to help you determine how appropriate a given ride is for you.

If you have map or map request questions, please send me an email (RBCMaps@gmail.com).

Otto Muller-Girard (Maps)

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).

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. Cyclists love to read about other cyclists' adventures!





Advocacy Corner

In this month's column, I want to provide an update on the efforts to make changes on Route 260 in Clarkson in response to Carrie Ray's tragic death this past October.

In an article included in the November/December 2019 RBC Newsletter, we read about Will Haines' (RBC Member and Safety Advocate) efforts toward the goal of effecting safety changes on Route 260. Those early efforts culminated in a joint letter from the towns of Sweden, Clarkson, and Hamlin to the NYS Department of Transportation outlining a number of concerns related to the current state of Route 260 and requesting help with addressing them. You can read about the problems outlined back in October as well as the correspondence between the above mentioned towns and the DOT on the [Route 260 Safety Concerns](#) website, which was created and maintained by Will.



In a follow up letter from DOT Regional Director, Kevin Bush (dated March 2), he stated that the DOT completed its review of the Route 260 section between Route 18 and Route 104 (review of other Route 260 sections remain pending). Unfortunately, that review did not support the requested reduction of the speed limit, which is currently 55 MPH. Historically, the DOT has not been very supportive of community requests for speed limit reductions. However, the DOT does plan to implement travel lane width reduction to 11 feet. Studies have shown that lane width reduction has the effect of reducing or "calming" vehicular speed. This change will serve to increase available shoulder width from 77 inches to 103 inches. Assuming that the center stripe will be redrawn so that lanes are symmetrical, the resulting shoulders in north and southbound lanes will be approximately 51". Lastly, the DOT is also recommending additional speed enforcement in this section of Route 260. A copy of the DOT's letter along with additional discussion and analysis can be found on Will's [Route 260 Safety Concerns](#) website.

In summary, while the DOT is not supporting our primary request of speed limit reduction, there are some concrete positive changes that should have the effect of making that section of Route 260 safer for all road users. Thanks to Will and others for their energy and commitment to cycling advocacy!!!

Mark Robbins (Road and Trail Advocacy)

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!



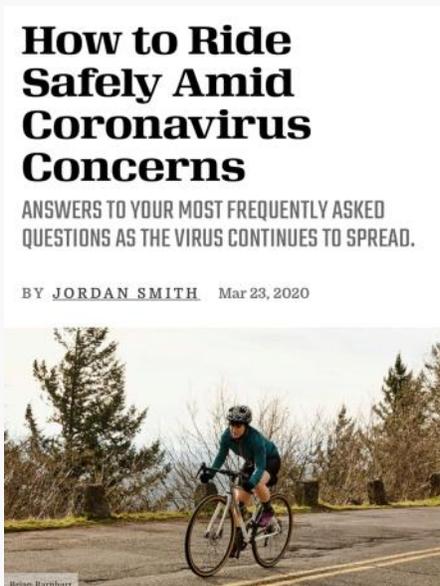


Bicycling Safety and Educational Tips: Safe Riding During COVID-19

The article [How to Ride Safely Amid Coronavirus: Answers to Your Most Frequently Asked Questions as the Virus Continues to Spread](#) from Bicycling Magazine's Jordan Smith (written on March 23, 2020) has a few helpful tips for getting out on 2 wheels in our current quarantined life.

Another tip, wash your handlebars, saddle, as well as your hands! Included are some additional guidelines from the NY Parks, Recreation, and Historic Preservation and National Recreation and Park Association (NRPA).

Lori Burch (Safety and Education Instructor)



SOCIAL DISTANCING NEW YORK STATE Parks, Recreation and Historic Preservation COVID-19

- STAY LOCAL**
ENJOY OUTDOOR SPACES CLOSE TO HOME AND KEEP VISITS SHORT. AVOID TRAVELING TO HIGH-TRAFFIC DESTINATIONS.
- STAY HOME**
THOSE 70 AND OLDER OR FROM A VULNERABLE POPULATION SHOULD POSTPONE VISITING. IF YOU ARE NOT FEELING WELL, STAY HOME.
- GO SMALL**
AVOID CROWDS AND GROUPS. ENJOY YOUR VISIT, BUT UNDERSTAND IT IS BEST TO DO SO SOLO OR WITH THOSE IN YOUR IMMEDIATE HOUSEHOLD.
- BE READY**
MOVE QUICKLY THROUGH AREAS WHERE PEOPLE CONGREGATE SUCH AS PARKING LOTS, TRAILHEADS AND SCENIC OVERLOOKS. IF CROWDS ARE FORMING, CHOOSE A DIFFERENT PARK, TRAIL, OR RETURN ANOTHER DAY/TIME.
- BE SAFE**
MAINTAIN A DISTANCE OF 6 FEET FROM OTHERS. WHILE ON TRAILS, ALERT OTHER USERS OF YOUR PRESENCE AS YOU PASS, AND STEP ASIDE TO LET OTHERS PASS.

COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

- Do not use parks or trails if you are exhibiting symptoms.
- Share the trail and warn other trail users of your presence and as you pass.
- Be prepared for limited access to public restrooms or water fountains.
- Observe CDC's minimum recommended social distancing of 6' from other persons at all times.
- Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

NRPA National Recreation and Park Association
Because everyone deserves a great park

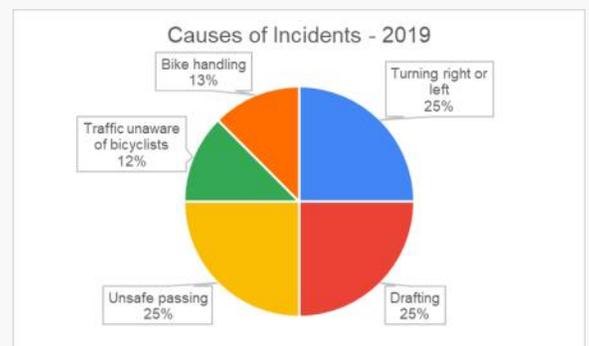


Safety Committee: Incident Reporting 2019 Recap and Looking Ahead

Last year, the RBC created an [Incident Reporting Form](#) to learn about the issues that our riders have had during club events. The club's Safety Committee reviews the incident reports and follows up with various actions. We have provided newsletter articles with incident analysis and avoidance advice, worked with towns to improve road/signage designs, and generally given our membership tools to improve their riding experience.

The [Incident Reporting Form](#) is available on our website (Resources | [Bicycle Safety & Education](#)). [Guidelines](#) are also provided but the bottom line is that an incident should be reported and anyone can report what they see even if they were not directly involved. Also, more than one rider can submit a report about the same incident. Incidents include crashes, injuries, near misses and potential harmful interactions, and road rage.

Last year's reports showed some common cyclist reasons for the causes of incidents reported. These include a lack of situational awareness when drafting contributing to (leading or following) riders crashing, dangerous passing our own club riders, and understanding how to travel through intersections. Situational awareness is important generally. A near miss was reported involving an oncoming car crossing the center line.



Four of last year's incidents involved injuries. Two required first aid treatment only and two resulted in visits to an emergency room for evaluation and treatment. While we hope that the coming season is "incident free," we realize that incidents are likely to occur. As much as we think that we know about safe cycling, there are always opportunities for continued growth in this area. Maintaining focus on communication, lane placement, avoidance, and awareness are crucial.

The Safety Committee encourages club ride participants to continue to report incidents in which they are involved or have witnessed, so that we can, in turn, provide important learning opportunities for all of our members. Safe travels!!!

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





The New England Classic Tour de Cure: A Great Cycling Destination

The New England Classic is a multi-day Tour de Cure fundraising event for the American Diabetes Association. It offers a 2 day (July 11-12, 2020) and a 7 day (July 11-19, 2020) option starting and ending in Bedford, Massachusetts. All New England Classic riders receive a NEC T-shirt and customized NEC Tour de Cure cycling jersey.

I rode the 7-day option in 2018, and rated the entire experience as five stars. The NEC was well worth the trip for me as it was a cycling journey of a lifetime, that also helped ADA in it's important crusade to fight diabetes. It was a rewarding challenge, one that was so much fun. I'm hoping to go back and ride it again soon.

The NEC 150 riders travel the back roads of the Merrimack Valley in Massachusetts into southern New Hampshire and along the seacoast with a destination of Durham, N.H. The Day 2 route takes riders to coastal Maine past beaches, rocky coves, and quaint villages. Day 2 ends with dinner and a celebration, then riders take chartered buses back to Bedford while their bicycles are transported there safely.



After sharing the first two days with the NEC 150, the NEC 550 riders leave coastal Maine, heading west into the White Mountain region, where the challenge rolls north through Conway and on the Attitash ski area in Bartlett, N.H. The journey continues on Day 4 with a climb up Crawford Notch on the way to Bethlehem and Littleton, N.H., before crossing the Connecticut River into Vermont. After a night in Montpelier, riders pedal the river valleys of the Green Mountains on scenic Route 100 to the Killington area and the welcome comfort of a ski resort. The trek continues through Vermont and then back into the Monadnock region of New Hampshire with an overnight in Keene, N.H. The final leg heads to Central Massachusetts, winding its way to the finish in Bedford.

The preliminary 2020 route is available on [RideWithGPS](#). For more information and to register, visit the [2020 Tour De Cure: New England Classic](#) website.

Will Haines



Welcome New/Returning RBC Members!

* Benjamin Barr * Doug Kelley * Matt Ostrowski



February Board Meeting Minutes Summary

Below is the meeting minutes summary of the February 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: \$5,225, PayPal: \$525, Investment: \$15,539

Safety, Advocacy, and Education:

- * Ride of Silence: No updates.
- * SAEG FB group: Activity seasonally reduced.
- * Clinics: Insurance certificate pending.
- * Safety Committee: Drafting procedures for incident tracking.

Events:

- * Winter Media Meeting/Event Review: Low attendance due to weather.
- * Spring Awards Banquet: 4/4/20 Dolomite Lodge. Awards Committee met. Budget at March meeting.
- * Ride of Silence: 5/20/20.
- * Carrie Ray Memorial Ride: 4/25/20. RBC volunteers to lead/sweep rides. Club may have a table.
- * Tour de Cure: 6/13/20. RBC team up to 40. 18% fundraising goal met. Motion for RBC/Tour de Cure training rides approved.
- * Andrew Spiller Memorial Challenge Ride and Picnic: 7/25/20 Victor Town Park.
- * Autumn Banquet: 11/14/20 at Glendoveers.
- * Rochester Cycling Get Together Review: Discussed event and information to Reconnect Rochester.

Other:

- * Constitution Committee: Revisions begun.

AAA Membership Coverage

If you are a AAA member, you're covered on your bicycle at no additional cost to your policy. This is great to know!

Transportation service will be provided for you and your bicycle when it has become disabled. They will take you and your bicycle to the location of your choice according to the towing distance included with your membership. Visit [AAA Bicycle Assistance](#) for details.





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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