



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.

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. Photos posted on RBC Meetup are used for our Facebook page, our newsletter, and slide shows at our events.



We are creating a great club-wide album that we can enjoy for years!

Upcoming Events

Board Meeting

Monday August 10, 2020 | 6:30 pm
Virtual Meeting

Andrew Spiller Memorial Ride and Gathering

Saturday August 22, 2020 | 8:00 am
Victor Municipal Park | 6680 Paparone Dr, Victor

Board Meeting

Monday September 14, 2020 | 6:30 pm
Virtual Meeting

RBC Club Jersey

Our club jersey has been popular. The price is still just \$55.00. For more information, visit the [Club Jerseys & Tees](#) section (About | Club Jersey & Tees) of the [RBC website](#).





From the President

This month we finally saw the opening of RBC rides. There are new restrictions and protocols, but rides are happening. Those who feel comfortable are attending the organized rides. Many of you are still riding solo. That's ok. Everyone needs to live in their comfort zone. Getting out to ride is good physical and mental therapy. I will say that the organized rides are lead with safety and concern for our members. Most riders now E-sign in and ride leaders help small groups go out with space between them.

I was personally reminded of how dangerous cycling can be. I was involved in a crash during a Wednesday night ride. I was riding in a group of five riders. We turned onto County Road 14, when a rider touched wheels and went down. I was directly behind and could not avoid the crash so I went down as well. Fortunately, both of us had only minor bruises and scrapes. The lessons re-learned are: a) pay attention, b) don't follow too closely, and c) always be ready for the unexpected.

We are preparing for the Andrew Spiller Memorial Ride and Gathering on August 22nd. Again there will be additional rules and expectations for those who participate. But I expect a good turn out and lots of fun. Until then, get out and ride either by yourself or join one of our group rides. Take care of yourself and family. Stay strong, stay safe, and keep a good attitude. I'm looking forward to seeing many of you on a ride or at the gathering.

Paul Knerr (President)



Member Benefits: Rides, Rides, and More Rides

Group rides are starting, but we recognize that many will continue to ride solo or with just a few close friends. As a RBC member, you have access to:

- * Hundreds of [maps](#) (Members Area | Maps | Find a RBC Map). The database is sortable by town start, distance, hilliness rating (feet of climbing over distance). Remember that almost all routes can be cut. Consider using some of that cheap gasoline to drive down and explore our remote routes.
- * [GPX files](#) for most club routes, and the ability to use the Ride With GPS' premium feature... turn-by-turn navigation from your smartphone. It is super easy (even for us non-techies) and only requires that you have a free Ride With GPS account. It sure makes riding alone easier when your phone is calling out directions. For instructions, visit the [Using Ride With GPS](#) section of the RBC website (Members Area | Using Ride With GPS).

Hope you get out and use these great benefits. Enjoy riding... it's great for your immune system and mental health.

Stay safe!

Kathy Riegel (Membership)



Ride Chair Corner

Now that RBC is riding again, my job is finally done for this year! Had to recruit and re-recruit folks, but it went smoothly. Most ride leaders retained their rides, and I adjusted the schedule to pick up some favorite rides that we missed during our downtime. I have enjoyed seeing and riding with the gang as well as several new folks!

During the "pause," Kathy and I mostly rode on our own, but also got the chance to ride with other small groups. It is really good to ride with new and different people. We have so much in common with cycling, but new routes and ideas of how to run rides are refreshing. Also good to hear others' perspectives and experiences with COVID-19, politics, and the world. You don't realize how narrow your own views are until you discuss with others, and cycling provides that opportunity more often than we expect. The shared enjoyment of cycling seems to take the edge off of sensitive topics, furthering better understanding of all sides.



Most riders are finding [E-sign-in](#) handy. While great for COVID-19 distancing, it is also convenient and quick, making any ride start more efficient. Like the paper sign-in, it helps us comply with our insurer's requirement of signed waivers for all who ride (whether members or not). This is more important than you might realize because having everyone sign waivers also protects you from legal actions that can arise from incidents during rides.

[E-sign-in](#) should be done close to the start time of the ride when you are certain that you will be there, since (like paper) you can't un-sign-in. This reduces no-shows, keeping attendance reasonably accurate. Also, don't confuse E-sign-in with Meetup RSVP. Your Meetup RSVP is **not** E-sign-in. Meetup RSVPs are for seeing who else is going and discussing a ride several days in advance.

Folks seem to be doing well with distancing during rides. While there have been some fast moving groups, I have not seen or heard of any "tight" drafting/pacelining. Riders give each other space and move around a lot, rarely being near for more than a few seconds. At stops, they stay further apart than in the past, but clearly still enjoy each other's company and have good chats. It is nice to see and feel some normalcy. Yet I don't see any complacency... great! I think we are striking the right balance.

I hope you all are enjoying rides, whether they be our scheduled group rides or not. Please come to our rides when you feel ready. You'll be surprised to see how much you have been missed!

Steve Riegel (Rides)





RBC Maps

Greetings fellow riders! I hope you have had the chance to ride with the RBC in a socially distant and safe way since we last met. I have and it is good to see folks out on the road again and I understand your reluctance if you are not yet ready to join us. If you do ride, wear a mask if you're going to be close to others. On the road, don't ride in close packs or ride close to someone's wheel. It's best to ride off line to others and stay clear of their used air. While the infection rate is currently low in our area, the disease is still lurking, waiting to infect the foolish and unwary. Be careful!



This month I'd like to discuss the differences between our PDF and RWGPS maps. I also want to look at the advantages and disadvantages of each. As an example, I'll use RBC route 448. You can find the PDF map at <https://rbc.wildapricot.org/Resources/Documents/Mapset/maps/448.pdf> and the RWGPS data at <https://ridewithgps.com/routes/31528763>. The strengths of each type of map are noted below.

PDF maps give concise route information that is easy to digest at a glance due to the larger font size for the road names. This makes these maps ideal for understanding a route before a ride. When you look at a RWGPS route, it is nearly impossible to read the road names without zooming in excessively. The PDF maps are easy to read and use even while pedaling. Another advantage is that the PDF map will show the cuts in the route. With RWGPS, you need to load another map to see the cut and it can be hard to see how the long route and cut route relate to each other as they cannot be viewed together.



RWGPS data is not so good for looking at a route but it is great for navigating with a GPS device or your smart phone. It has an elevation profile making it vary complementary to the PDF map. RWGPS is great for creating routes and sharing them with others. I always navigate our rides using my GPS device and RWGPS routes. It is much easier to follow a route using a GPS device and RWGPS data than it is using a PDF paper map. However, I often bring a paper map on rides in case of technical problems or if I need to reroute for some reason like a road closure. The PDF paper map is just easier to read. The images show how much more readable the PDF is compared to RWGPS. You can see that the RWGPS map is enlarged more than the PDF, yet the road names are illegible.



Hopefully, you will make good use of both map resources that the RBC offers you as they are complimentary.

If you have map or map request questions, please feel free to email me (rbcmaps@gmail.com). Also, let me know of any topics that you would like me to address in this column. I look forward to hearing from you!

Otto Muller-Girard (Maps)



Advocacy Corner

RBC's ride season started on July 8. This came after NY State relaxed restrictions on activities such as ours. Much discussion within the RBC Board went into the guideline development intended to make our rides as safe as possible during this current pandemic. The Rides Chair was able to create a "touchless" sign in tool. We sincerely hope that RBC members are able to safely enjoy group riding experiences this season!



Advocacy Around Town

Drive 2B Better: Finishing touches have been put on the 2020-2021 plan, a multifaceted effort intended to educate and motivate drivers to modify their driving behaviors and safely share our roads with cyclists and pedestrians. Next up is to secure funding for plan implementation. Will update as new information becomes available.

Complete Streets Training: On June 10, RCA hosted a Complete Streets conference. Complete Streets are streets for everyone. They are designed to enable safe access for all users, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities. Complete Streets make it easy to cross the street, walk to shops, and bicycle to work. More than 60 persons attended including representatives from area towns and agencies such as DOT, Genesee Transportation Council, etc. In a effort to build on momentum generated by the conference, RCA members are contacting attendees to discuss plans to follow up (e.g., develop local Complete Streets policies or plans) in their areas. Readers are encouraged to join in on or begin discussion of Complete Streets in their communities!

Ghost Bike Committee: Prompted by the deaths of three area cyclists in the past several months, RCA has formed a Ghost Bike (bikes, usually painted white, that are placed as memorials at the sites where cyclists are killed) committee. The committee will meet, as needed, and work with families, land owners, etc. around placement of ghost bikes. It is hoped that such meetings will be infrequent.

Why We Cycle Film Screening by RCA: RCA will screen this beautiful 2017 documentary about everyday Dutch cycling culture on Thursday, September 10th as one of its [Street Films](#). The screening will be virtual, so save the date. At the film's conclusion, there will be a panel discussion to examine Rochester's values and what values would be furthered by more people riding bikes.

Mark Robbins (Road and Trail Advocacy)

Welcome New/Returning RBC Members!

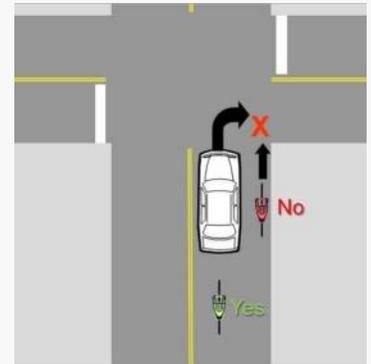
- | | | | |
|-------------------|--------------------|-----------------|------------------|
| * Bill Bishop | * Heinz Kepplinger | * Darshan Patel | * David Staudt |
| * Daniel Brown | * Eric Mertz | * Jay Pruiett | * Tara Tomory |
| * Maggie Mayes | * Robert Miller | * Susan Richter | * Colleen Willis |
| * Kurt Hertzog | * Becky Monk | * Sharon Riley | * Doug Willis |
| * Dorothea Horton | * Jared Olson | * Ed Rivera | * Lin Wincheng |
| * Timothy Keller | * Sreepathi Pai | * Roger Salmons | |



Bicycling Safety and Education: Safety Reminders

At Intersections

As I ride with different groups of cyclists, I see so many cyclists scooting up on cars on the right at a traffic light or a stop sign just like the red cyclist in this picture. SO DANGEROUS!!! Please, cyclists, at an intersection, TAKE THE LANE (like the green cyclist in the graphic) and TAKE YOUR TURN at the stop so that all drivers can see you and know that you are there!!!! The green cyclist is as close as practicable to the right. The red cyclist is further right than is practicable.



(Graphic Credit: [Bicyclists Belong in the Traffic Lane Facebook Page](#))

Calling Out Cars and Hazards

When you are riding in a group, be sure to play the “Pass the Message” game. If you hear someone call “Car Back,” be sure you also say it and keep passing it forward. Don’t assume that because you heard it that others around you heard it too unless you are passing it along. The same goes for calling out other hazards.

Lori Burch (Safety and Education Instructor)

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 and easier.





Andrew Spiller Challenge Ride: Save the Date

The Annual RBC Andrew Spiller Challenge ride will take place on Saturday August 22 at [Victor Municipal Park](#) (6680 Paparone Dr). There's plenty of park space surrounding our open shelter for outdoor socially distanced gathering. If you'd like to stay around after the ride, plan to bring your own chair, and your own snacks or lunch. Cold water and soda will be provided.

This is a day where you can challenge yourself or just enjoy the beautiful rides... any length you want.

9:00 AM: More Challenging (34-51 Miles to the South)

The 51 mile route has 3,300 feet of climbing on scenic rural roads through Bloomfield, towards Bristol Center, up Bopple Road as an option (Hicks Rd as an alternative), down Miller Hill, to Cheshire (cookies! and other food), and back. Gorgeous route with views of Canandaigua Lake.

The 34 mile route has 2,000 feet of climbing on scenic rural roads through Bloomfield, down Wheeler Hill, up Grimble to Cheshire (cookies! and other food), and back. Similarly gorgeous route with farms and rolling terrain.

Riders will share the same route for the first 17 miles.

11:00 AM: Less Challenging (20-33 Miles to the Northeast)

The 20 mile route is almost flat, with just 640 feet of climbing and scenic quiet roads. Be sure to stop at the "Be Happy" barn on Weigert Rd for a photo.

The 33 mile route has 1,200 feet of climbing and goes northeast to Palmyra on scenic quiet roads. There is an option to reduce the climbing to less than 1,000 feet.

Riders will share the same route for the first 5 miles.

Anytime: Less Challenging [20-30 Miles to the Northeast (Reverse)]

If you want to add more miles after doing the 9:00 am or 11:00 am ride (or before the 11:00 am ride), you can do the 20 or 33 mile route in reverse. Alternatively, you can make this your only ride of the day.

See the "Who was Andrew Spiller?" article below to learn more about the person behind the name.

Kathy Riegel





Who Was Andrew Spiller?

In 1989, RBC started its annual Challenge Ride, giving attendees an opportunity to rack up as many miles as possible over a 24 hour period. There were loop routes and a central location to socialize and snack between rides.

Andrew was an RBC member in the late 1980s-early 1990s. He married Rose just 10 months before his tragic death at age 26 (June 1992). While participating in a 24 hour race in Johnstown, NY, he was struck and killed by a drunk driver. His death had a big impact on many club members and the local cycling community. The RBC renamed the Challenge Ride in his honor.



Ann Carroll Lee recalled, “Andrew was on the Challenge Ride when we had several ultra marathon riders that would ride all night. When he started with the club, several of us got him through his first century ride and after that, the rest was history. He was hooked on long distance riding. 28 years later, I still miss him.”

According to his late wife Rose, “The idea behind the RBC Challenge Ride was to achieve a new personal best. During an RBC Challenge Ride, Andrew rode his first double (200 mile) ride. He qualified for the 100th anniversary of Paris Brest Paris (PBP) race by completing a series of brevets (timed rides) of 100k, 200k, 250k, and 600k in both 1990 and 1991. In August 1990, he completed the American version of PBP, Boston Montreal Boston. This served as a "warm up" before achieving his goal of official finisher at PBP August 1991. He qualified for the Race Across America RAAM cross country race in Johnstown, NY by completing that grueling race within 48 hours in Fall 1990. He encouraged everyone he met to push themselves to ride further than they ever had in the past. His love of bicycling was infectious. When he wasn't chasing his dream of pushing himself to become a better ultra marathon cyclist, he was crewing for others. So no matter how much or how little you have ridden in the past, the RBC Challenge ride is a day you can reach your own personal goals. The fact that this ride lives on 28 years later is his legacy, ride on in his honor."

Jean Jaslow said, “You would have liked Andrew... he had a way of really being present for you. I remember some very hard rides with him in which we were all suffering. He was good at empathizing with you and not letting you feel inadequate when you were struggling. Andrew was a good rider, but I don't remember his great results so much. I recall more that he not only challenged himself, but he also stepped up to the challenges (cycling and non-cycling) that others presented to him. That is why I believe the Challenge Ride is a great way to honor him. Just as he met challenges in life, the event is an opportunity for cyclists to challenge themselves on the bike for one day.”

Mark Frank, President of RBC in 1992, was riding behind Andrew on that fateful night. He asked me to retrieve the tributes that he and Russell Jaslow wrote after the accident, which follow one the next page.



Memorial to Andrew Spiller

I was the non-cyclist in the group. The one that Rose and Andrew enjoyed accompanying them and my wife on their bicycle and ski getaways because I was able to look from the outside, objectively, and joke about how crazy everyone was with their obsessive need to do more and more miles, and their whacky dietary habits.

But I only joked. It was never serious because Andrew taught me and all of us a valuable lesson during his life and even in his death.

When God creates the miracle of life, He gives us the freedom to choose. Not just the choice between good and evil, but the choice in which paths we travel in life. One of the three basic rights that are the foundation of this country is the right to the pursuit of happiness.

Andrew used that freedom of choice and the right to pursue happiness. He chose to enter the field of technical writing because that was the niche in the computer industry that he enjoyed the most.

He chose Rose, whom he so dearly loved and cherished, to be his partner in life.

And he chose bicycling as his recreational outlet. For you see God may give us the freedom to choose, but he does NOT give us the freedom to judge. That is reserved for Him.

We cannot judge the choices Andrew made in pursuing his right to happiness. Andrew never judged any of our choices. It is not for us to judge whether Andrew, or any of us, choose bicycling, race car driving, sky diving, or even bungee cord jumping. Andrew could have chosen tennis, golf, fishing, or even coin collecting. It is not for us to judge.

Who among us can say that if Andrew had chosen another hobby he would still be here? How can we know what chain of events would have developed if he had made another choice? We have no idea, and, therefore, no right to judge.

It is said that a man's life is measured by his accomplishments and not by his years. If that is true Andrew lived well past a hundred years. For accomplishments are not measured with awards, victories, or money. They are measured by how many people you reach out and touch. And Andrew

touched many, many people. More than most anyone does. I do not need to say how he touched us all, we all know in our own personal way.

Andrew also lived life to its fullest, doing what he loved most, making choices many people cannot make, not just because circumstances prevent them, but because they do not grab onto the opportunity to pursue their happiness.

Somewhere, Andrew is now cycling in a place where the wind is always at his back, the right gear always selected, on a road free of cars, and the "bonk" non-existent. A place where he can eat wings and have a banana split without any effect on how long he rides. Oh yes, and a route where there is always a Potato City rest stop whenever he needs it.

And when that perfect day exists for you, when the wind is always at your back in whatever you are doing, take a moment, look up, and thank Andrew for teaching us to live life at its fullest. For teaching us to make our own individual choices in our own pursuit of happiness.

Russel Jaslow

President's Message

In Memorium, Andrew W. Spiller

It is cruel fate that this sport that I love so much, this sport that has brought me my greatest achievements and enriched my life with such close friendships, has now turned to present me with the most sorrowful event of my life. On a moonlit stretch of Adirondack road my friend Andrew Spiller cycled on ahead of me up another of the countless hills in the area. As he passed by me we had exchanged a few words about the cool night air, the difficulty of the route, and the now unsettling news that he was just going to finish this last section and then crew for Rose, his wife, who was also in the race. Moments later a vehicle crested the hill, followed immediately by another automobile careening across the centerline attempting to pass. Andrew was violently struck and killed instantly by the speeding car which then went out of control, narrowly missing me and leaving the road just across from me. The impact of the car on a rock outcropping sent metal flying, bouncing off me and my helmet. The eighteen year old driver was also killed. It was every cyclist's worst nightmare come true, and it still seems unreal to me.

On the radio a few days ago the announcer mentioned the terrible force of the earthquake that had just shaken the California desert. He stated that this force, one of the strongest known to man, had caused only one death, a sleeping three year old boy who had been crushed by the cinderblocks of a falling fireplace. The announcer went on to wonder at the incredible chain of events that had led to his death, as the child had just travelled across the country with his parents to their high school reunion. He had no explanation for this, just I have none for the tragic twist of fate that sent my gentle friend on a collision course with the darkest side of youthful bravado.

As many of you know, Andrew was an accomplished ultra-distance cyclist. AS a final tribute to him I would like to quote from a poem "The Men That Don't Fit In" by Robert W. Service that I think describes him pretty well:

There's a race of men that don't fit in,
A race that can't stay still;
So they break the hearts of kith and kin,
And they roam the world at will.
They range the field and they rove the flood,
And they climb the mountain's crest;
Theirs is the curse of Gypsy blood,
And they don't know how to rest.

Goodbye, Andrew. I'll miss you!

Mark

Kathy Riegel



Post a Ride

All RBC members can post rides. A ride can be posted as long as a pre-scheduled ride of that type is not on the calendar.

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.

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 [2020 Bike Shop Discounts](#).

Dear Ruby

Barbara Braverman wrote the following love poem to her Ruby Specialized bike:

When the flat tires and worn-out
brakes of life grind me down,
let me soar with you through
fields of Queen Anne's lace and phlox.

Give me wings to glide
up mountains, effortless
as a red tail,
Going to the Sun
no longer a road
but a sweet magic carpet.

Let me thrill to downhill
speed, swoosh, woosh,
around curves, descend from
paper-white clouds
to the lush meadow below,
radiant sun on my back.

I seek adventure
in the pleasures of Loire Valley,
in delights of Mekong Delta,
in challenges of Tuscan hills.
I hoist you over ditches,
haul you around storm sewers,
road blocks don't stop us.

You, dear Ruby,
are my companion
through ruddy lanes of despair,
over autobahns of exuberance.





Tour de Cure Update

The Tour de Cure is happening on October 3 as a virtual event. What is a virtual event, you might ask? We have all been trying to figure this out! While the ADA has made the decision to not hold any events in person for the remainder of 2020, individual teams have some autonomy to plan their Tour Day based on their level of comfort.

The RBC Tour de Cure team is in the process of defining our own Tour Day, using our club guidelines for group rides. We are still brainstorming and asking for ideas from our team members, but at this point we are planning an option for an in-person group ride. This can include meeting at common location with staggered start times and multiple routes with varying mileage. Something for everyone! We are also in the process of planning a responsible, socially distanced team gathering with food (and beer if that matters!) at the end of the ride(s)... kind of like having our Tour Day Team Tent on our own!

We want to support all of our team members and the choices that are most comfortable for each individual. Some may choose to ride solo on that day and not participate in a group ride. We are looking at ways to support this aspect of our day with team spirit, as well. We are still in the planning process and we'll let you know when plans are in place.

In the meantime, please think about joining us, supporting an important cause, and showing our community what RBC can do even in the challenging environment of a pandemic! Please consider the following:

- * There is NO registration fee! You can register, train, take part with the RBC team, and it costs nothing to register this year. Grab a friend who might like to do it with you, and join us!
- * There is NO fundraising minimum! While the needs of people living with diabetes remain significant, and even greater with the increased risk associated with COVID-19, we all know that this is a difficult time to ask others to give. While we hope that participants will encourage others to contribute to an important effort as they are able, there is no pressure at this time to make any requests that are beyond your level of comfort. So, for those who say "I can't fundraise," this is the year for you to participate!
- * In order to receive the usual participant thank-you gifts, the fundraising minimum has been lowered to \$100 to make it more manageable to hit the goal.
- * Now more than ever, it is important to increase awareness of diabetes and its impact on more than 30 million people in the United States. Your participation as well as the participation of everyone across the Rochester area will help to increase local awareness and support.
- * The American Diabetes Association has a longstanding commitment to provide support to those living with diabetes in the form of education, advocacy, services, research, and ultimately the quest for a cure. This has been a hard year for the ADA. They made difficult decisions to lay off almost half of their staff nationwide so that the services and support they offer will not be interrupted for those who need it. Now is the time for participants and volunteers to step up.

Todd Calvin and I are working with the team to make this a special day. We would love to have you join us! Visit [our team's page](#) to join.

Please reach out with any questions [Todd Calvin (tcalvin001@hotmail.com)/Bonnie MacLean (bonniesmaclean@gmail.com)].

Bonnie MacLean



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.

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.

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.

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!





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.

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).

Group Riding Safety Rules

Don't forget the usual safety rules for group riding!



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.

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!



Board Meeting Minutes Summary: June

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

Treasurer:

- * Account Balances as of 5/31/20: Checking: \$6,301, Investment: \$14,550

Education:

- * Clinics: Possible late Summer/Fall clinics depending on Rec Center plans to open.

Advocacy:

- * Drive 2B Better: Prioritizing 2020 activities.
- * GTC Bike Map Updates: My City Bikes hired to do map design, to develop interactive map that captures all bicycling infrastructure in Greater Rochester area.

Jersey Sales:

- * One sold.

Old Business:

- * Tour de Cure: Online event 10/3/20. RBC team 42 members, goal \$22,000.
- * Autumn Banquet: 11/14/20 at Glendoveers.
- * Andrew Spiller Memorial Challenge Ride and Picnic: 7/25/20 Victor Municipal Park. Possible reschedule to August.

New Items:

- * Discussed paper and electronic waivers.
- * Motion to start RBC rides 6/27 subject to reduced schedule and available ride leaders.
- * Guidelines discussed, to be shared with members.

Myth Busters - Myth #2

I Must be Fast to Do a Long Hilly Ride

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

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



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Bike Cases

Open/RBC Website

