



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

Board Meeting

Monday July 13, 2020 | 6:30 pm
Virtual Meeting

Board Meeting

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

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 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).

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!





From the President

Another month and we are still dealing with the COVID-19 pandemic. There are many hopeful signs. Many are getting back to work, school has ended for the summer, and we have been able to eat at restaurants indoors. The outdoors has always been open. I hope that many of you take advantage of this opportunity. I have been hiking and on a few bike rides. A small group has been meeting on Wednesdays in Mendon Ponds Park. I hope that you have found time to get out and ride. It is good therapy.

The RBC is very close to opening the riding season. By the time you read this, an announcement should have been sent. The Board continues to evaluate government regulations and the environment. As we enter Phase 4 of reopening, rides will be included. We are always concerned for the safety and well-being of our members. We are working on the details for guidelines for ride starts, sign-ins, riding groups, pace lines, ride stops, and re-groupings. We will be able to enjoy many experiences of cycling that we love, but only as we regard the safety and health of others.

This year has been trying. More than ever, we need to look out for others as well as ourselves. Take care of yourself and your family. Stay strong, stay safe, and keep a good attitude. I can't wait see many of you on a ride and talk about our experiences.

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

RBC group rides are finally happening! Keep your eyes on [RBC Meetup](#) (the club's electronic calendar) for ride postings as well as communications and updates pertaining to them.

For those who plan to attend group rides, please be aware of the following guidelines:

- * Do not attend if in last 14 days you have been sick, have had a temperature >100F, or you have been in contact with a COVID-19 infected individual.
- * Riders are expected to practice social distancing at all times.
- * Avoid pacelines and tight groupings while riding.
- * Riders should space 2 to 3 bike lengths (10 feet to 20 feet) and 6 feet side-to-side.
- * Limit subgroups to 10 and stagger subgroup starts for additional spacing.
- * Bring face covering for start, stops, and stores.



To accommodate COVID-19 concerns, we have also implemented a touchless E-sign-in option. You can sign-in before the ride (or at it) by simply clicking the E-sign-in link in the ride's Meetup posting. You do not have to be a Meetup user to do this. If you are using the Meetup App on your phone and viewing the ride's information, you may need to click "Read more" to also view the E-sign-in link. For more information and instructions, refer to the [Ride E-Sign-In](#) section (Rides | E-Sign-In) of the RBC website.

E-sign-in can only be done 24 hours before the ride (similar to an online flight check-in). Once you click the link, you have to enter your email address, first name, last name, and check Waiver check box to accept the RBC waiver. This is equivalent to signing the traditional paper sign-in sheet waiver.

If you are a Meetup user, please continue to also RSVP so others will know that you are coming to the ride. You can RSVP several days before the ride as in the past.

Important: Your RSVP (attend) is NOT an electronic sign-in.

The traditional paper sign-in sheet will also be available at the ride. If you are planning on signing in using the paper sign-in sheet, consider bringing your own pen and hand sanitizer.

All riders must sign-in and accept the RBC waiver, be it via the E-sign-in or the paper sign-in sheet. If you do not sign-in, you are not on the ride and you will not be covered by the club's insurance.

Take care and stay safe!

Steve Riegel (Rides)



RBC Maps

Greetings fellow riders! Summer is here finally here. Yay! By the time you read this RBC rides will be on with extra safety precautions to prevent COVID-19 spread. While the infection rate is currently low in our area, the disease is still lurking, waiting to infect the foolish and unwary. Be careful!

There is not much to report on maps currently. I am continuing my quest to update the maps to have consistent hilliness ratings. For this month's report, I have picked a few scenic pictures from rides I've done in the past few years. I hope you enjoy them. If you have map or map request questions, please send me an email (rbcmaps@gmail.com).



Otto Muller-Girard (Maps)



Glacier National Park: Going-to-the-Sun Road



Switzerland: Seealpsee, Ebenalp



Switzerland: Furka Pass looking to Grimsel Pass



France: Bridge of Napoleon, Luz-Saint-Sauveur



France: View near Col Inharpu, Pyrenees



Advocacy Corner

Hoping that all of our members are safe and healthy and able to enjoy riding in our recent beautiful weather. Many are looking forward to being able to resume group riding in the near future.

On June 12, we learned of yet another tragic death of a cyclist. Off-duty Rochester Police officer Aaron Colletti was riding with his son that evening on Woolhouse Road, just north of Cheshire. Both were hit, from behind, by a pick up truck. Officer Colletti was killed while his son sustained relatively minor injuries.



On June 23, after conducting its investigation, the Ontario County Sherriff Department announced its findings. Investigators found that drugs, alcohol, speed, or cellphone use were not factors in the incident. They further found that while the driver did take some action to avoid striking the cyclist, he did not provide adequate room for the bicyclist as he began to pass. The vehicle operator was charged, under VTL 1146, with failure to use due care to avoid colliding with a bicyclist. That charge, under the law, provides a maximum penalty of a \$100.00 fine. I'm somewhat heartened that the driver was charged under VTL 1146. It is rare that police actually enforce this law and that Sheriff Henderson, in announcing his Department's findings, implored drivers to use extra care when passing bicycles and pedestrians and to use "extra caution" on shared roadways.

Many of us are angry at how the law can place such a low value on the loss of a human life. We want to know how our roads can be made safer for all road users. Cycling safety education for cyclists, training for drivers around sharing the road with vulnerable road users, better/more cycling infrastructure, laws that better protect vulnerable road users, more consistent application of existing laws, and more appropriate penalties for violation of those laws are some potential strategies for improvement.

One thing that RBC members can do right now is to contact NYS Assembly Transportation Committee chair [Bill Magnarelli](#) as well as their local Assemblymen and urge them to pass the NY 3 foot law (A00283), which is currently under review in the NY Assembly Transportation Committee. While this law, which would replace current language that drivers must pass a cyclist at a "safe distance," is in itself no "magic bullet," it does codify and proclaim the minimum space that drivers must allot cyclists when passing them. Passage of a 3 foot law in our state would provide protections for NY cyclists that exist in many other states and has been high priority on the NY Bicycling Coalition's legislative agenda. Please do consider advocating for this law's enactment.

Mark Robbins (Road and Trail Advocacy)

Welcome New/Returning RBC Members!

- | | | | |
|---------------------|------------------|-------------------|---------------------|
| * Margaret Anderson | * Paul Fromm | * Jim Moragne | * Jonathan Thomas |
| * Larry Belle | * Sharon Hoffman | * Karen Mustian | * Joe Tucker |
| * Destin Danser | * Julie Kunzmann | * Michael Nazar | * Terry Jean Yonker |
| * Mary Jo Fichtner | * Mark Lavner | * Melanie Olson | |
| * Claire Filloux | * Erin McGarry | * Michelle Pigula | |



Bicycling Safety and Education

As we once again begin to ride as a club in groups, it might be helpful to read the suggestions in Bicycling Magazine's [What Does It Mean to Ride Safe Now?](#) article.

In addition to the article's suggestions, please remember/consider the following so that everyone can stay healthy:

- * Consider wearing a mask or neck gaiter while riding. Sure, it isn't comfortable and breathing isn't as easy, but consider how far your "respiratory signature" follows behind you (see article in previous newsletter for more information).
- * Leave more space than usual between riders. If the group is large, consider breaking into smaller subgroups and stagger your starts a bit (for the same reasons as above).
- * Call out and gesture road hazards and obstructions. After riding solo for so long, it can be easy to forget to do this.
- * If you are gathering socially after a ride, remember masks and social distancing.

Here's to a summer of healthy riding together.

Lori Burch (Safety and Education Instructor)

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!

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.





Post a Ride

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

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

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

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](#).

Preston's Eagle Scout Project

My name is Preston and I am a 15 year old Life Scout in Boy Scout Troop 105 in Mendon, NY. I am raising funds for my Eagle Scout Project, which is to build a bike repair station on the Lehigh Valley Trail at Rochester Junction. I am putting this station on an 8" x 8" concrete pad. This bike repair station has retractable tools and a bike pump to help you fix your bike and get back on the trail. This station will support the Mendon Foundation to make the Lehigh Valley Trail a more desirable and safer place to ride your bicycle on. The overall cost of my project is \$2,800. Please consider supporting me in my community service project. Any amount will be greatly appreciated.



Check out [Preston's Eagle Scout Project Go Fund Me](#).





Tour de Cure

The Tour de Cure is happening this year, although quite different from the large group event that we have experienced in the past. The date has been moved to October 3 and the event has gone virtual, in an effort to keep everyone safe. Virtual means that we all ride on the same day and during the same time, in our own chosen locations, with our own family or tribe, and share pictures and videos along the way. A Facebook Live event will go on all day, where stories, videos and pictures can be shared live. Here are a few reasons to consider joining in on the fun!

- * 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.
- * Channel 13 News will be partnering with the Rochester Tour de Cure on Tour Day, filming cyclists, walkers, and runners and interviewing participants all over the Rochester community. So if you ever dreamed of being a famous cyclist, this might be your chance!
- * 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.

I have always felt good about supporting the mission of the ADA and the Tour de Cure, because of their tremendous impact on the people they serve. This year, more than any other year, I am proud to stand with their mission and to keep it alive. I would love for you to join me and the RBC Team at any level of participation that feels comfortable for you.

You can join the Rochester Bicycling Club Tour de Cure Team by visiting [our team’s page](#). If you have any questions, please contact Todd Calvin (tcalvin001@hotmail.com) or Bonnie MacLean (bonniesmaclean@gmail.com).

Bonnie MacLean



Myth Busters - Myth #1

RBC Rides Are Only For Fast and Strong Riders

Our club consists of riders of all speeds and styles. Some like flat and short, some like a bit more distance and some hills, and others live for long distance and significant climbs. Often the same ride will have people who average 12 mph, others who average 18-20 mph+ and all speeds in between. To some, the priority is average ride speed, and to others it is smelling the roses and enjoying conversation. Members choose rides based on distance and terrain. If you can do the distance and terrain, it makes no difference how fast you go.

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

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](#).



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!

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.





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.

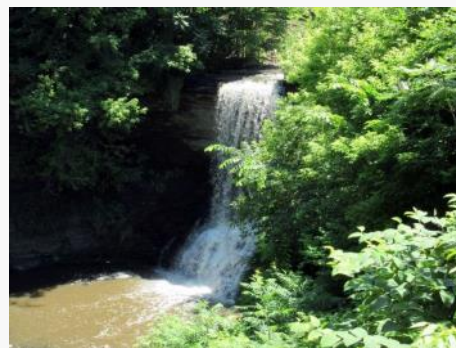
Don't Miss the Boat!

RBC Meetup is the main communication tool for club rides. We strongly encourage you to RSVP. When you RSVP, you will receive communications related to the ride.



If you do not RSVP, we highly recommend that you at least look at the event before coming to a ride, especially if weather is "iffy." A ride may be salvaged by delaying it an hour or so. Also, a start location may change if new information necessitates it.

So if you are not looking at RBC Meetup, there is a chance that you will "miss the boat" by not being aware of such important facts.





RBC 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.

Board Meeting Minutes Summary: May

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

Treasurer:

- * Account Balances as of 2/29/20: Checking: \$5,694, Investment: \$14,550

Safety, Advocacy, and Education:

- * SAEG FB group: 260 members
- * All “spring” clinics canceled as Penfield Rec Center closed.

Events:

- * Andrew Spiller Memorial Challenge Ride and Picnic: 7/25/20 Victor Municipal Park. Possible postponement.
- * Autumn Banquet: 11/14/20 at Glendoveers.
- * Tour de Cure: Postponed to 10/3/20. Virtual event.

Jerseys:

- * Jerseys purchased and will be distributed when club rides resume.

New Items:

- * Discussion about starting club rides, including government regulations, waivers, possible leaderless rides, group sizes.
- * GTC Map Update: Online. Focus on bike friendly routes. Inclusion of all major roads with a rating system.



Board Meeting Minutes Summary: March

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

Treasurer:

- * Account Balances as of 4/30/20: Checking: \$5,827, PayPal: \$163, Investment: \$15,539
- * Move to Affinipay delayed to mid-April.

Safety, Advocacy, and Education:

- * SAEG FB group: Activity seasonally reduced.
- * First two clinics held. RBC web registration working well.
- * Safety Committee: Review done of incident reporting. Fields added to spreadsheet for better tracking.
- * Education: Handout being designed with riding tips and links to websites.

Events:

- * Spring Awards Banquet: discussed plans.
- * Ride of Silence: TBC to provide insurance, payment for horn player, volunteers, money toward buttons. Motion for insurance coverage and \$150 to cover costs approved.
- * Criterium: RBC ride for the day to be Genesee Valley Park to Avon and back.
- * ADK Expo: Paul to manage table. Volunteers needed.
- * Rochester Women's Bike Fest: Paul to manage table.
- * RBC Tour de Cure Team: 42 members. 22% toward goal of \$22,000. Training rides April to June.
- * Autumn Banquet: 11/14/20 at Glendoveers.
- * Andrew Spiller Memorial Challenge Ride and Picnic: 7/25/20 Victor Municipal Park.

Jerseys:

- * Motion for \$1,050 to purchase 22 jerseys approved.

New Items:

- * Motion to allocate \$550 for printed materials approved.
- * Registration for educational events: make clearer that Meetup RSVP is not registration.
- * Board agreed Susquehannock rides are not RBC sponsored.
- * Town of Greece Community and Senior Center contacted for club education classes. Tabled.





RBC Board of Directors

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Bike Cases

Open/RBC Website

