



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.



Carrie Ray Ghost Bike Memorial

This past month a ghost bike memorial was placed along Route 260 at the site where, tragically, Carrie Ray was killed by a distracted driver.

Carrie was a loving wife, mother of three, and daughter, a dedicated hockey mom and a [beloved second grade teacher](#) at Barclay Elementary in Brockport.

Will Haines





From the President

In challenging times like these, it's tough to keep a good and positive attitude. Slowly, we see life getting back to something like a new normal. Hopefully many of you are getting back to work and to other normal activities. I have been hiking and on a few bike rides. Unfortunately, these have all been solo. I really do miss the company of others. I hope that we can meet, even at a distance, soon. We did host a virtual Member Mingle on May 20. It was good to see and hear from RBC members. We will try to set up another one in June. Stay tuned!



The RBC board is continuing to evaluate government regulations and the environment to see when club rides may start. Our concern is the safety and well-being of our members. As you know, many of us are older and high risk and others are caring for parents or have spouses who are at risk. Because of these reasons, the RBC board will take a slow and measured approach to the 2020 riding season. The balance of this is that we do need to get back to some type of normal. When RBC rides do resume, several differences from years past will exist. Guidelines for ride starts, sign-ins, riding groups, pace lines, ride stops, and re-groupings will be provided. 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 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

We can't ride in a group at this time, but thankfully we can ride! 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. As the weather warms up, 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

Run out of rides yet? There are always more in our maps and routes collections. Do a route in reverse and it is practically a new ride. Gotta keep things fresh until we can come together again.

Kathy expanded her "banditry" beyond candy stores to include pizza, burger, and ice-cream stands.

It's great that our local COVID-19 metrics are headed the right way. Our state and local health departments are doing an excellent job at testing, monitoring, reporting, and providing guidelines. The virus will likely be with us for quite a while, but our institutions are helping us all figure out how to deal with it, both in day-to-day living and treatment. As a result, things are beginning to open up, and a little normalcy (and sanity) is returning.

I hope we will see each other riding soon! Apple blossoms came and went quickly this year (always tricky to time them right), but we were able to see some over the Memorial Day weekend. Weird that I've gone from riding in tights to sandals in less than a week, but we'll take it!

Hang in there!

Steve Riegel (Rides)





RBC Maps

Happy Spring to all! Finally clear blue skies and low humidity are here for a few days at least. Finally I can get out and ride without arm and leg warmers. I have to say I miss our RBC group rides, though I am happy that I can get out and ride and not be totally confined to the house. Sometimes I ride with a friend or two but it's still very much like riding alone as we really cannot ride close enough to converse or draft one another. I am appreciative of the company though and there is safety in numbers.

I have been doing rides that don't require refueling or watering stops and all my rides have been from home to minimize any virus exposure. I look forward to the day that we can all ride together safely. In the meantime I'm thankful for health and being able to weather the pandemic in relative comfort.

As for RBC maps, I am continuing the effort to update maps with the new hilliness ratings. So far I have completed 68 of the 124 planned updates. In the process, I am adding cues to the map PDFs if they are not already there and making any minor updates that are necessary.

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).





Advocacy Corner

I sincerely hope that all of our members are safe and healthy and that you've been able to enjoy some riding in our beautiful recent weather (finally...).

On May 20th, we observed the Ride of Silence and the tragic death of Liam Ronan, a 13 year old who was killed while riding thru and intersection in Henrietta on 5/19, was very much on our minds. As of this writing, little has been made public as to the cause of the crash. Let's honor Liam by always maintaining awareness of our surroundings riding and approaching all intersections with appropriate caution!! Check out the many safe cycling resources on our [website](#) (Resources | Bicycle Safety & Education). Even better, consider taking a Safe Cycling course.



Last month I wrote about [Drive2BBetter](#), a local organization dedicated to make roads safer for cyclists and pedestrians thru various initiatives designed to sensitize and educate drivers regarding the safety of "vulnerable" users of our roads and ultimately convince them to modify their driving behavior. A meeting was held on April 24th to put together elements of an action plan for 2020 and those elements are in the process of being further refined and prioritized. Stay tuned for updates. Want to plant seeds of safe driving in your neighborhood?? Consider ordering one or more of the lawn signs shown below.

Mark Robbins (Road and Trail Advocacy)



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](#).





Face Masks

Hello Rochester Bicycling Club friends! How are you holding up? Is your freezer stocked? Do you have toilet paper? Do you have a mask to wear in public? I may not be able to help you with your freezer or toilet paper situation, but I'm making face masks! I have been donating them to health care organizations in the area and also giving them to my friends. To keep everyone safe. And so that when we can all ride together again, no one will be missing.



I'm making masks with interior pockets for filters. I did some research and found a supplier in the HVAC industry where I was able to order filter material in bulk. This does not make for hospital grade masks or eliminate the need for social distancing and taking precautions, but certainly should offer some protection beyond cloth masks alone.

I'm not selling the masks. I'm giving them away to keep everyone safe and to prevent the spread of the virus. Let me know if you need one. And, yes... I have quite a lot of bike fabric left! Until we can ride together again...

You can reach me at bonniesmaclean@gmail.com.

Bonnie MacLean

Welcome New/Returning RBC Members!

- | | | | |
|------------------|-----------------|-----------------|-----------------|
| * James Arnold | * Erin Grindle | * David Lehmann | * Frank Steiner |
| * Douglas Bicket | * Robert Hunter | * Tobie Oslan | * Karen Weimer |





Bicycling Safety and Educational Tips: Outdoor Resources

As the weather improves, I think many of us will be spending more time outdoors, walking, running, hiking, and/or biking. Below are a couple of resources that you might find helpful.

Rails to Trails Resources

Thinking of heading to a local trail or other nearby outdoor space? Before you go, check the public health/safety guidance and the [#RecreateResponsibly](#) guidelines for information about how to protect the people and places you love while you get outside.

Looking for a trail near you? You can find trails and access their operating status for free using [TrailLink.com](#), a trail-guide website and app.

For additional guidance on how to #ShareTheTrail while safely distancing, visit [railstotrails.org/covid19](#) and the [Rails-to-Trails Conservancy's Facebook](#) page.

Ride Spot App

[People For Bikes](#) has launched a new free navigation app, Ride Spot. While you can use Ride with GPS for free to access club maps, if you would like to create your own routes and get audio turn-by-turn directions, you have to have a paid subscription to Ride with GPS. Ride Spot offers free audio and visual turn-by-turns. You simply go to [ridespot.org](#) and create your ride in the route builder or download a route from a friend or a brand to follow in the app. They also offer offline maps to keep you on course if you have no cell service. And you can search curated routes from local affiliates like bike shops, advocacy groups and clubs, as well as routes from other local riders. Visit [ridespot.org](#) for more information or search the app in the app store that you use for your device.

Let's all get outdoors safely!

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.

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!

Post Your Pandemic Cycling Photos

During this time of cycling solo, take some photos and post them on [RBC Meetup!](#) We now have an album called [Pandemic Pedaling](#) where we can share our social distancing adventures.

Each week, we will choose a picture from the album and post it on the [RBC Facebook](#) page. The post will link over 1,000 viewers to [Pandemic Pedaling](#) and all of our RBC Meetup photos.





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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Bike Cases

Open/RBC Website

