



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.



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!



From the President

Here we are in another month of shut down. Those of us at home are getting bored. Those still working are stressed, with concerns about exposure to this virus, family, and meeting work deadlines. Thoughts of recreation are secondary to “how do I pay the bills?” or “how do I keep my family safe?” These are trying times. But there is light at the end of the tunnel. The infection curves are flattening, and there is talk of opening up the economy. For me, it can’t come soon enough.

On the positive side, I hope many of you have been getting out for solo rides or walks. It’s important to take time to experience the outdoors and have some personal quiet time. I have been out on several hikes and a few bike rides. The time outdoors is so refreshing. But I do miss the conversations and interactions with others. I hope that these solo events will become a distant memory soon.



The RBC board is constantly evaluating government regulations and the environment to see when club rides may start again. The Andrew Spiller Memorial Challenge Ride and Picnic is approaching fast. As of now, the event is on hold. Our concern is the safety and well-being of our members. The event will only be held if bans are lifted and it can be done safely.

Take care of yourself and your 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.

Paul Knerr (President)

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



Ride Chair Corner

Ever the optimist, I'm hopeful that we will have club rides this year. Folks will spread out a bit more, but everyone will greatly enjoy riding the routes together more than ever.

Even without the virus, this spring has been cold enough to delay riding until summer, so perhaps we haven't missed that much.

In the meantime, take advantage of our [maps](#) and [routes](#) for your solo rides. Food and treat stops are still open. Just eat/snack outside on a warm curb in the sun and out of the wind or in a nearby park. We found that there were no shortages of chocolates around Easter and the same will be true for Mother's Day. Kathy is making sure that our routes include such "opportunities." :-)

We are lucky that cycling is a perfect activity in this situation. Not only for physical health, but also for our mind and spirit. Get out there... you'll feel great peace and come back refreshed!

Steve Riegel (Rides)





RBC Maps

I hope that by the time you read this, the weather is warmer. As I write this on April 22, the temperature is 36 degrees and I haven't had a bare leg ride yet. :(We're still in novel corona virus times and I feel like it's not so new and novel anymore. If you ride, please be extra considerate of other riders and pedestrians. Riders ahead leave a vapor trail and you leave one too so be considerate of others and keep your distance... lots of distance.

This month I want to discuss basic route planning using Ride with GPS. Before getting into that, I want to remind you that as an RBC member you can access RBC routes on the RwGPS website or phone app. [Instructions](#) are included on the RBC website (Members Area | Maps | Help with Using RwGPS). Also, you **do not** need a paid account to access the features like downloading routes or navigating RNC routes with your smart phone.

With a few mouse clicks and a few minutes, you can create a route. You can then share it with your friends or use it to navigate your route. Do you have an idea for a new route to add to the RBC database? This is the best way to communicate your route when you [submit a map request](#) (Members Area | Maps | Map Request Procedure and Guidelines). That way, I will have your exact route info and can transfer it directly into the RBC RwGPS site with no chance of misinterpretation.

I have placed a step by step primer on [RwGPS route creation](#) on the RBC website (Members Area | Maps | Creating RwGPS Routes). It's very easy and it'll probably bore some of you but I would like to help those who aren't yet taking advantage of this free tool. Just as you can access the RBC routes with a free account, you can also create routes for your use with the **free** account. If you don't have an account, go to ridewithgps.com and create a free account. Skip the offers for paid accounts. Visit the [RwGPS route creation](#) to see an example of a route that starts and ends at the Mendon Ponds Beach parking lot.

Please let me know if you have questions (rbcmaps@gmail.com) and... map on!

Otto Muller-Girard (Maps)





Advocacy Corner

I sincerely hope that all of our members are safe and healthy and that you're able get in some riding while maintaining appropriate social distancing.

Drive2BBetter

I want to re-introduce club members to an important local advocacy/safety organization called Drive2BBetter. The Drive2BBetter campaign is a community-wide collaboration of stakeholders interested in safety for all road users. The effort is sponsored by Common Ground Health and facilitated by Causewave Community Partners. Sixteen community organizations are on the Drive2BBetter Steering Committee including the City of Rochester, Rochester Police Department, Genesee Transportation Council, ReConnect Rochester, and United Way. For over two years, the group has worked through a structured process to identify the changes necessary to achieve a community where all people are safe and respected in whatever mode of transportation they choose. You may have seen D2BB's lawn signs in your travels. Please do check out [Drive2BBetter's website](#), where you can find some great Cycling Safety information and where, by the way, you can order the lawn signs pictured below.



I had the opportunity to attend Drive2BBetter's Traffic Safety Steering Committee meeting on March 17, which focused on drafting an action plan for 2020. I will also be attending a follow up meeting on April 24. For 2020, we can expect to see a media campaign addressing distracted driving and a number of other initiatives.

Wanted: Your Input!

To ensure that their work best serves the needs of the cycling community, the Rochester Cycling Alliance is undertaking its [first survey](#) of the bike community. If you haven't already done so, please complete the short survey and pass it on to your cycling friends.

Bike Month

Unfortunately, Bike Month activities scheduled for May have been canceled. The hope is that many of the activities can be safely rescheduled later this year. Stay tuned.

Mark Robbins (Road and Trail Advocacy)





Bicycling Safety and Educational Tips: Respiratory Signature and Cycling

If the weather ever warms up for good, I hope that you will be able to get out to ride more and more, either by yourself or maybe with a friend. Of course we all know about social distancing when walking a trail or shopping in a grocery store. Leave at least 6 feet of distance between you and others. If you can't leave that much space, then wear a mask. This all works well if you are walking or standing still. But what about when traveling at speed as when cycling?

When you talk, breathe, pant, laugh, cough, sneeze, etc., you expel air from your lungs through your nose and mouth. Along with this air comes any tiny particles that were hanging out in your respiratory tract. These particles aerosolize and linger for some time in the air around you, like a personal air footprint. When you are moving forward on a bicycle, this footprint stretches out behind you like a comet, existing in the sphere you were in but now have moved out of. However, anyone cycling or walking behind you or oncoming trail or road users passing you, are now traveling through your respiratory signature, breathing in whatever you just breathed out. And the faster you are traveling, the farther your respiratory signature path trails behind you and it can linger in the air for a significant amount of time.

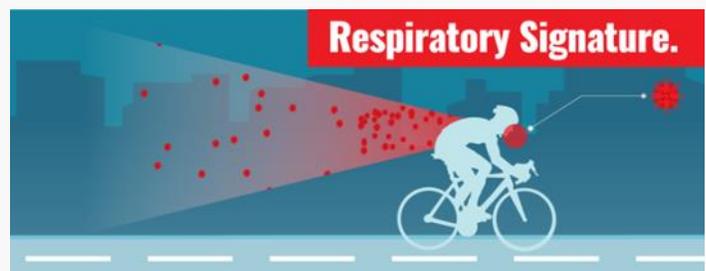


Photo: Potomac Pedalers Touring Club

So how do you ride safely mitigating any effect your respiratory signature might have on someone else?

You can encourage other cyclists to leave much more space when following behind you. Six (6) feet just isn't enough. Traveling at 12 mph, no one should be closer than 24 feet behind you. And as your speed increases, so does the safe follow distance.

You should wear a face covering, a mask, a buff, a bandana, something to cover your mouth and nose. This will greatly restrict the space your respiratory signature spreads around you. This protects not only cyclists who may be following you, but also any other trail or road users you may pass or who may pass you.

Visit the following for additional information:

- * [Pedal Patter April 2020 Newsletter](#)
- * [VeloNews \(Explainer: Should I wear a mask while riding?\)](#)
- * [Buffalo Rising/Slow Roll Buffalo](#)



Photo: Tim de Waele (Getty Images)

Let's all ride, but ride safely, considering not only our own safety, but also the well being of others around us!

Lori Burch (Safety and Education Instructor)



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](#).

Tour de Cure Update

Due to concerns with COVID-19, and to ensure that participants and communities stay healthy, Tour de Cure events all over the country have been faced with decisions to hold their Tours virtually or to postpone to a later date.

The Rochester Tour de Cure, originally scheduled for June 13, has been postponed to October 3 and changed to a “virtual” event. The Rochester Bicycling Club Tour de Cure Team is proud to be participating in this event, with an enthusiastic team of 42 registered members. We know that COVID-19 presents more complicated risks for individuals who have diabetes. Now more than ever, the American Diabetes Association’s mission to support people living with diabetes is critical, and we are proud to be making a contribution to this effort. We will be working with the Rochester ADA office as guidelines and details become available. For more information about the Tour de Cure or the RBC Team, please contact Todd Calvin (tcavino01@hotmail.com) or Bonnie MacLean (bonniesmaclean@gmail.com).

Bonnie MacLean

As an essential business we are currently open for all of your parts and service needs
You can also shop our showroom 24/7 online at www.tomsprobike.com



This Spring, Park Ave Bike Shop will become Tom’s Pro Bike.

Our Pittsford location will be moving into a brand new space in Victor. This new location will allow us to highlight our products, host more events, and have rides right from the shop. Look for more info coming soon.

OPENING JUNE 2020



 **TOMS**
PRO BIKE

**300 HIGH STREET
VICTOR, NY**



Pandemic Life

Below is a collection of stories that were shared with us. We are happy to include them and we welcome new stories anytime! Email us a short story and a photo or two at rbcnews19@gmail.com.

Before this crisis hit, my wife and I were planning a trip to Switzerland. Oh well...

We were looking at a ride around Lake Constance. Know anyone who has done that? Or do you have other ideas? That was to be an easy multi-day ride.

And I hoped to ride up a couple cols. A one day ride. My thought was to ride up and back returning to my morning's starting point.

Who knows if or when... but good to have plans!

Bob Ames

Ninja Grandma Rides on... mask and all.

Patricia Walsh
Adams



During the pandemic, Steve and I have been robbing candy stores! He got a candid of me escaping Candy Kitchen in Williamson. It's a 40 mile ride round trip from our home... burned some calories, but ate a lot more given the density of the loot!

Like many, we're fortunate to be able to easily ride into beautiful countryside. It's real nice to have so few cars! As the weather gets warmer, we plan to drive to more remote areas and enjoy some of the RBC "gems" in the Finger Lakes and Southern Tier. We're considering digging out our tandem, as it has a way of making people of all ages smile.

When not cycling, I hike. For decades, I went with groups. I now take a park at a time, understand where the routes are, and follow the colored blazes - a new experience to do the route finding myself, and good for my aging brain. I am seeing and hearing so much that I never did before. All is good, but I sure miss seeing and hearing fellow RBCers at club rides!

Kathy Riegel



Linda and I are doing good during this crazy time. I am reading a lot and of course watching TV. On Sunday the 18th, we took a drive to Ontario to see my kids and grand kids. It was great to see them and I was able to get out of the car and visit with them. We all stayed safe with masks and distancing. Saw lot of bike riders out and that was good to see. Stay safe everyone and this will pass. Life is different but Good.

Bob Lechner



Here are a few photos from recent rides in the age of coronavirus. I've been enjoying a lot of downtown riding with the lighter traffic and trying to go longer distances.

Matthew Willy



I feel fortunate to have been able to enjoy frequent rides through our beautiful region during these very challenging times. The scenery, fresh air, and opportunity to get away from the world's troubles have truly been a gift. I want to share a couple of photos that serve as a reminder that even through these difficult times, life does go on.

Mark Robbins



Aside from working full time, being Julia's teacher, and the daily house/family things, I have been trail running a bunch. I love being in the woods... it's so tranquil and refreshing. Julia has even joined me for a couple of trail runs and she ran her longest run... 2.5 miles! I do not like riding in cold weather so I have not taken my bike out yet. Julia and Joel have ridden a couple of times, around the neighborhood and in the Village of Fairport... Urban Assault style. Julia and I have also taken many walks around the neighborhood.

I am SO looking forward to the nicer weather to also enjoy my bike, which I miss dearly!

Veronica Benzing





JASPER TO BANFF SUPPORTED 4-DAY CYCLE TOUR

The Icefields Parkway between Jasper and Banff has been called the most spectacular highway in the world.

With our supported tours, what could be a challenging ride just got a whole lot easier, enjoyable and more awesome.

We will

- Carry all your luggage.
- Set up rest stops with food and drinks to keep you nourished and hydrated.
- Organize your accommodations as well as your transfers for you and your bike.
- Provide bike rentals if required.
- Be just around the corner if you need a rest. You can ride in the support van at any time.

DON'T LET THE BEAUTY OF THE ROCKIES PASS YOU BY, JUMP ON A BIKE AND SEE IT AT YOUR OWN PACE!



MountainMadnessTours.com
 info@mountainmadnesstours.com
 (780) 885-9813

Mountain Madness Tours



EXPERIENCE THE ROCKIES AT THE RIGHT PACE





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 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.

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!

Welcome New/Returning RBC Members!

- * Carol Cobb
- * Davida Graham
- * Brian Marples
- * Helen Peck
- * Jonathan Zhe





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

