



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 October 12, 2020 | 6:30 pm
Virtual Meeting

Annual RBC Election Meeting

Friday November 6, 2020 | 7:00 pm
Virtual Meeting

Board Meeting

Monday November 9, 2020 | 6:30 pm
Virtual Meeting

Map Edits/Suggestions

When riding a route, we sometimes see things that might need modification (e.g., change the start location or edit part of the route for safety or other reasons). If you have a suggestion, please jot it down and submit a [RBC Maps Request](#). This will help us to keep our routes and maps the best that they can be.

If you have any questions, contact Otto Muller-Girard (rbcmaps@gmail.com).





From the President

It always makes me sad to see the weekday rides end. Then I remember the wonderful rides I have enjoyed in the fall. Fall is here and leaves are beginning to turn. Looking ahead I see several classic fall rides. The Tour de Letchworth is one that I always try to go on. Hopefully the beautiful views from this ride will bring a sense of peace and tranquility to what has been a hectic year.

As this is the end of bicycling season, I am reminded that my term as President is coming to an end. The nomination committee has selected a slate of candidates, which includes several new faces and a few old ones. Take some time and review the candidates. We will hold a virtual election meeting in early November, where the end of year reports will be presented and the new board will be elected. I hope that you can attend (at least virtually).

I hope to see some of you out on the road this fall. Get out and exercise. It is good medicine for the body and soul. Stay safe, and here's hoping for a more normal year in the coming season.

Paul Knerr (President)



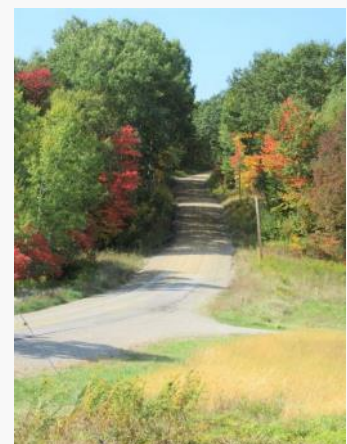
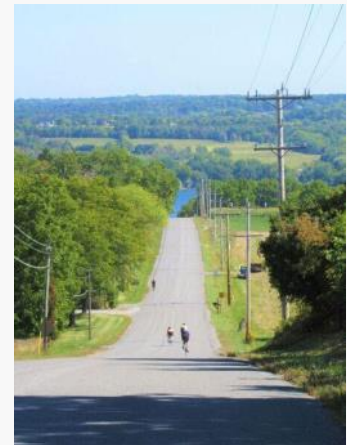
Annual RBC Election Meeting

Join us on Friday November 6 at 7:00 pm for a virtual Annual RBC Election Meeting, which will include a presentation of the annual reports and discussion as well as next year's Board election. Details of how to participate will be sent prior to the meeting.

The following members have been nominated and have agreed to be on the Board in 2021:

- | | |
|-------------------------------|--------------------------------|
| * President: Steve Riegel | * Publicity: OPEN |
| * Vice President: Todd Calvin | * Education: Andy Stewart |
| * Secretary: Jason Kostyshak | * Newsletter: Veronica Benzing |
| * Treasurer: Amy Williams | * Member at Large: Mike Kabat |
| * Past President: Paul Knerr | * Member at Large: Dave Ennis |
| * Membership: Kathy Riegel | * Member at Large: Mary Dinnan |
| * Rides: Steve Riegel | |
| * Maps: Otto Muller-Girard | |

No goodies will be baked by elves this year, but you can grab a snack and a drink, and join other club members from the comfort of your own home. We hope that you can make it!





Ride Chair Corner

Our shortened season is not over yet!

October often provides our best riding weather and scenery. Looks like the trees are turning a bit early this year, but even if the leaves fall, it opens great views beyond what they hide. You actually see the lakes, vistas, and wooded waterfalls that were blocked in summer. Familiar rides look brand new and different when you can see in all directions.

Keep an eye out for additional rides scheduled by folks during the week and beyond the end of our season into November. We usually get a few surprise warm and dry days in winter, too. Keep one of your bikes ready at all times!

Even though our season was short, the weather was really good! Folks quickly realized that cycling is one of the best options for socially distanced exercise alone or with others, since folks don't tend to ride very close to each other even in normal times. It was very encouraging to see and ride with everyone in the fresh air. It sure lifted my spirits.

We start developing next year's ride schedule this month (i.e., now!). Please let me know if you have any favorite rides and/or ideas for new locations we should cover. Seems like life will go on after all, so let's make the most of it!

Steve Riegel (Rides)



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)



RBC Maps

Greetings fellow RBC members. This month I want to let you know about some things I have learned about Ride with GPS. You already know it's a quick way to plan a route and/or navigate existing routes using GPS files downloaded from RWGPS or by using the RWGPS app on your smart phone. I have recently learned of some subtleties that you might want to be aware of.

You have probably noticed that the total elevation gained on a ride and road grades are often much less than you might record on your GPS device. This is due to the fact that the elevation data is in 90 meter increments. The data was recorded by the Space Shuttle in the early 2000's (SRTM: Shuttle Radar Topography Mission). In between the points spaced 90 meters apart, interpolation is used to estimate the elevation at any given point. This is what leads to the discrepancy we see between the RWGPS elevation data and reality. I am not saying your GPS is right either because there are many factors affecting what that tells you. I'll save that for another column.



Recently I was alerted to a case where the elevation gained was different for two versions of the same route. It turns out that there have been some improvements to the elevation data provided by Google maps, which are one of the underlying data sources for RWGPS. In this example, there was a 26% difference between the two versions of the route. The one with the greater elevation gain used the newer elevation data. It seems that they have increased the resolution to something less than 90 meters. The newer version is "reasonably" close to what I measured with my GPS, not that my GPS is the TRUTH.

I investigated this with the help desk at RWGPS and have learned how to update the elevation data of any of our routes to the latest data. Unfortunately, it's a manual process that must be performed on each route. Needless to say, I will not be doing any wholesale updates. What I will do is this... each route or map that I need to edit or work on will get updated when I work on it. If you find routes where the elevation data seems way out of whack with your experience, let me know and we can investigate. Beyond that, I will update the elevation data as noted above.

You should also be aware that when routing the choice of map data affects your result per the RWGPS help desk. Map and Satellite use Google maps data. While not stated, I suspect Hybrid does the same. RWGPS and the OSM options use Open Street Map (OSM) data. I am not clear what elevation data is used for ESRI and USGS.

That was probably more than you wanted to know so digest it slowly. Ride safely! Please let me know of any map or navigation topics that you would like me to discuss in this space. Also, if you have any questions about maps and routes, please feel free to mail me (rbcmaps@gmail.com).

Otto Muller-Girard (Maps)

Welcome New/Returning RBC Members!

- | | | | |
|--------------------|------------------|--------------------|-------------------|
| * Rick Boroski | * Marisa Krol | * Larry Muir | * Julien Vandrwee |
| * Christine Graves | * David Langmann | * Jim Niedermaier | * Steve Wootton |
| * Mayank Kakkar | * Roger Lefort | * Michael Tedquist | |



Advocacy Corner

Route 260 Safety Changes

During August, we learned that the NYS Department of Transportation completed changes to Route 260, primarily dealing with lane and shoulder width. The changes, which make this road safer for bicyclists, were largely due to the result of a tremendous advocacy effort by RBC member Will Haines and serve to truly honor the memory of Carrie Ray who was killed while biking on Route 260 last year. See related article in this newsletter for further details.



Why We Cycle

More than 120 bicycling lovers participated in the September 10 online viewing of this inspiring film depicting how the Netherlands came to embrace a culture that supports cycling and the many resulting benefits for Dutch society. The viewing was followed by a lively panel discussion with local government leaders and bicycling advocates Mitch Gruber, Neely Kelley, Elizabeth Murphy, and Robin Wilt and moderated by WXXI's Mona Seghatoleslami. The film is available for [purchase or rent](#). Also, if you missed the event, the panel discussion is available [online](#). All are encouraged to connect with their elected officials to share their ideas as to how bicycling can be better supported in their communities.

Bike Week

On September 16, the Light Up The Night, sponsored by ReConnect Rochester/Rochester Cycling Alliance, kicked off this year's Bike Week in Rochester, which ran from September 16 to September 27. Other group events included Unity Rides on September 22 and September 24 and a Roc the Riverway Guided Bike Tour on September 25. Each day featured themed rides for cyclists to do on their own or with friends (e.g., bike to work/school, bike to a library, do an errand by bike, bike for dessert, etc.). Hope that RBC members got to enjoy some of the events. I personally chose to bike from Portageville to Nunda on the Greenway Trail to explore remnants of a canal from a bygone era.

Three S's Signs: SCAN, SLOW, SPACE

These lawn signs are still available from Drive2BBetter, a Rochester-based organization who's mission is to promote safety for all road users and achieve a community where all people are safe and respected in whatever mode of transportation they choose. To order one or more of the lawn signs, visit the [Drive2BBetter's website](#).

Mark Robbins (Road and Trail Advocacy)

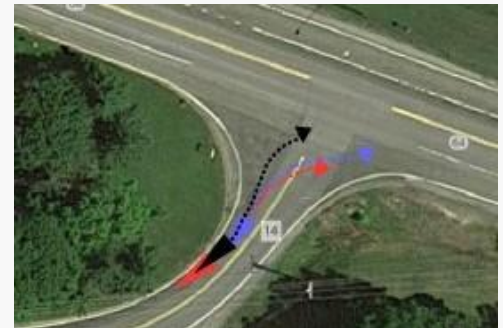




Safety Corner: Turning Safely in a Group

A crash involving three riders occurred during an RBC ride on July 22, 2020. Two of the riders filed incident reports. Fortunately, only minor injuries resulted. In this article we will describe the what happened and offer tips for how to safely turn when riding in a group.

This incident was captured on film by a rider who was just ahead of the group and Safety Committee members were able to view this video. The diagram within the photo shows the paths of the three involved cyclists based on a frame by frame analysis of the video. A group of riders traveling north on SR 64 turned left onto CR 14. The leading rider (red arrow) "cut" the corner (i.e., crossing the centerline on CR 14) and proceeded toward the center of the travel lane on CR 14. The second rider (black arrow) took a wider turn and seemed to accelerate a bit after completing the turn. The trailing rider (blue arrow) followed a path similar to that of the leading rider. As the riders made the turn, the paths of "red" and "black" converged and "black's" front wheel contacted "red's" rear wheel and fell. "Blue" unable to avoid the fallen rider, struck that rider and fell as well. This particular intersection does present some unique challenges, since almost immediately after the intersection, CR 14 bends significantly to the right.



In the report, "black" who crossed wheels with "red" stated, *"I should have slowed down and not crossed wheels with the rider in front of me"* and "blue" attributed the crash to lack of attention on his part and that of the fallen rider. Safety Committee members agree with those assessments and we suggest the following to consider when turning while in a group.

Maintain Your Line and Pace: This is particularly important when turning in a group. For example, if a leading rider is taking the "inside track" on a left turn, they should occupy the left portion of the travel lane as they complete the turn. Riders positioned to the right of others before turning should occupy the right portion of the travel lane during and after the turn. Again, given the configuration of this intersection and CR 14's almost immediate bend to the right, maintaining one's line takes on even greater importance.

Never Overlap Wheels: Never overlap wheels with the rider in front of you! Overlapping your front wheel with the rear wheel of another rider greatly increases the likelihood of a wheel touch. When such wheel touches occur, the trailing rider will always hit the pavement!

Allow Proper Spacing: Ensure that there is sufficient space between yourself and others in front and beside you. Again, maintaining your line and pace is key here!

Have an Escape Route: Be aware of what is happening around you. Leave a bit of space to the outside of the wheel in front. If the rider in front moves, can you avoid them?

Remembering the guidance above can go a long way toward preventing crashes when turning. Be safe and, as always, we welcome any questions or comments (RBCSafety2@gmail.com).

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



Bicycling Safety and Educational Tips

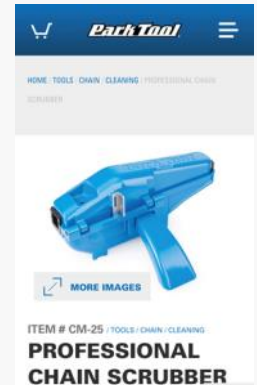
Chain Cleaning

What great riding weather we've been having so far this fall! Let's hope that it continues for a while!

Eventually, some of us may be getting ready to put our bikes away for the winter. Others may be riding through whatever weather the winter brings. Either way, some chain cleaning and maintenance will keep your bike running smoothly.

It's a simple, easy thing to do that can make a big difference! You will want to give your chain some love before storing your bike for the winter and if you ride all winter, you will want to treat your chain to cleaning and lubing frequently as you may be riding in slush and salt. Proper chain maintenance can extend the life of your bike's drivetrain. Here are a few tips.

1. You can use any good grease cutting soap/cleaner. Simple Green or Dawn work well. You can also buy a specific bike chain cleaning solution such as White Lightening Clean Streak.
2. You will want to scrub out all the grime and bits of your riding adventures from the chain and derailleurs. You can use a specific chain cleaning tool like the Park Tools chain cleaner or make a scrub brush yourself with 2 toothbrushes taped together.
3. Once the chain is clean and dry, apply your favorite lube liberally. Move the pedals to roll the chain through the derailleurs and around the rear cassette a bit.
4. After giving the lube a chance to "soak in a bit," wipe off the excess with a rag.



Here's to lots more great riding for everyone!

Lori Burch (Safety and Education Instructor)

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](#).





An A+ Advocacy Effort

Readers may recall reading in our November/December 2019 Newsletter about RBC member Will Haines' effort to address road design concerns that were seen as contributing factors in the tragic death of Carrie Ray earlier last year. Carrie was struck and killed by a motorist while cycling southbound on Route 260 in Clarkson. Will researched the issue, wrote letters, reached out to local media and town government representatives, attended town meetings, developed a website, and gained support of the Rochester Cycling Alliance and of supervisors of the towns of Clarkson, Hamlin, and Sweden who co-authored a joint letter to the DOT asking that current Route 260 safety concerns be addressed.

Flash forward to August, 2020... the DOT made good on their March 2020 promise to re-establish the lane widths to 11 feet on each side of the road, resulting in significantly more space on the southbound shoulder (width as 22"; now approximately 36"). While other recommendations to the DOT were not addressed (e.g., speed limit reduction), Will felt that the changes made resulted in a significantly safer road for cyclists and pedestrians.



On Will's [Route 260 Safety Concerns](#) website, he reminds us that changes made to our roads are but one step in our efforts to achieve road safety for all users and that both motorists and cyclists must engage in safe behaviors as they share our roads.

"I know, certainly, that the changes to Route 260 can't undo the tragic killing of Carrie Ray, but hopefully this change can, in a small way, honor her untimely passing, and prevent further tragedies from occurring on this road. Of course most of that depends on drivers staying attentive while driving, not being distracted by mobile devices, sharing the road, and maintaining safe speeds. And cyclists must do their part to keep their eyes and ears open and be aware of the traffic around them, and ride safely. As I live just off Route 260 and need to ride this route, I will continue to listen for traffic approaching me from behind and monitor my rear view mirror. It is a road, like so many, that has my full attention when cycling."

On behalf of all RBC members, a big THANKS to Will for his A+ Advocacy Effort!

Mark Robbins (Road and Trail Advocacy)

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.



New York State Amtrak Trains Bike Racks

As the New York Bicycling Coalition representative to the Amtrak/Adventure Cycling Association Bicycle Task Force and a RBC member who bicycle tours, I am happy to announce that “Amtrak’s Carry-On Bicycle Service” is now available on all Empire Service and Maple Leaf trains traversing New York State.

It is much easier for bicyclists traveling with their bicycles to use Amtrak’s New York City to Niagara Falls trains. The new bicycle racks in the Empire Service and Maple Leaf passenger coaches allow the bicyclist to roll/carry their bicycle into the passenger coach and hang their bike on the bike rack. No box or bag required. The bicyclist and their bicycle will be traveling together. These new bicycle racks are now on all northeastern route passenger coaches (except Acela) as well as on the Empire Service and Maple leaf trains.

Daily, there are two trains traveling in both directions between Niagara Falls and New York City. These trains stop at Niagara Falls, Downtown Buffalo (Exchange St.), Buffalo-Depew, Rochester, Syracuse, Rome, Utica, Amsterdam, Schenectady, Albany, Hudson, Rhinecliff, Poughkeepsie, and Croton-Harmon. Eight (8) additional Empire Service trains (with Carry-On Bicycle Service bicycle racks) that do not go further west than Albany-Rensselaer Station.

Both unboxed and boxed bicycles are carried in the baggage car of Amtrak’s long distance Lake Shore Limited (New York City <- -> Chicago) train. Bicyclists using the Lake Shore Limited’s checked bicycle service are limited to departing/alighting only from NYS Amtrak stations having checked baggage service. Like most of Amtrak’s long distance trains, the Lake Shore Limited will become a thrice weekly train after October 12, 2020. Plus, the Limited stops neither in downtown Buffalo (Exchange St.) nor in Niagara Falls, New York.

Due to the pandemic, no trains travel north from Albany to Plattsburgh NY/Montreal QC/Rutland VT. When the northbound (from Albany) Adirondack and Ethan Allen trains return to service, they will have bicycle racks in each passenger coach.

In a forthcoming post and article on the New York Bicycling Coalition's web site/newsletter, I'll describe how to bicycle tour New York State in short 2-4 day segments using Amtrak and your bicycle. You no longer need to drive a car to a start location along the “lateral line” of Amtrak and the Erie Canalway/Empire State Trail when bicycle touring. Hurrah!

The bicycle rack can be reserved online via the “Customize Your Trip” screen, which displays once you enter your travel information (destination, dates/time, number of passengers, etc.). The screen tells you how many racks are still available on the train you have chosen to ride and the total fee.

- * If have chosen a round trip reservation, the Amtrak’s booking program assumes that you will need a bicycle rack both ways. If you need a bicycle rack on only one segment of your round trip, then you will have to change the number of bike racks to “1”. Otherwise, the program will automatically add the fee for two bicycle racks.
- * The Carry-On Bicycle Service rack fee is not refundable.
- * The Carry-On Bicycle Service bicycle rack reservation fee (for Empire Service and Maple Leaf trains) is \$20.00 each separate time you travel by train, that is board a train with your bicycle. If you need a rack on a different train, you will have to pay another bicycle rack fee.

Example 1: Traveling to Washington DC from Rochester NY, using Empire Service train 284 and transferring in NYC to Northeast Regional Train 193 to alight at Washington DC will result in two \$20.00 bicycle rack fees for a total of \$40. Both train number 184 and train number 193 have bicycle racks in the passenger coaches for unboxed bicycles.



The Carry-On Bicycle Service fee for Train 284 is \$20.00 and for Train 193 it is \$20.00. All Northeast Regional trains traversing the East Coast from Maine to Virginia have bicycle racks in the passenger coaches. Acela trains do not have facilities for the carriage of bicycles (except folded folding bicycles).

Example 2: You board Empire Service Train 284 (8:36 am) with your bicycle at Rochester Louise Slaughter Station and arriving at 10:51 am in Utica NY. After taking photographs of the interior of the Station, visiting the Munson Proctor Art Museum; riding around Utica; viewing the Mohawk River Valley from high above River on Cosby Manor Rd./CR 243; and eating at a restaurant, you return to the Utica Amtrak Station/Boehlert Transportation Center and decide to board the Maple Leaf/Train 64 to Albany-Rensselaer Station. The Maple Leaf/No. 64 train leaves Utica at 4:19 pm. You can reserve your seat and bicycle rack at the staffed Utica Station or you can reserve it online. You must pay for both a coach/business class seat AND pay another \$20.00 fee for a Carry-On Bicycle Service rack hook.

Currently bicyclists traveling on the Empire Service and Maple Leaf trains no longer must wait for Amtrak's long distance Lake Shore Limited train with its baggage car containing bicycle racks. For more information, visit Amtrak's [Bring Your Bicycle Onboard](#) page.

Harvey Botzman

E-Sign In

Wow! E-sign in is very popular. Almost every ride so far has mostly E-sign ins.

Most riders also RSVP on RBC Meetup. Remember, the RBC Meetup RSVP is NOT E-sign in. The RBC Meetup RSVP is for communicating about a ride and indicating to others that you plan to go. You can RSVP anytime before the ride. Unlike the RBC Meetup RSVPs, E-sign ins cannot be undone, so make sure that you are definitely attending before you E-sign. When the weather is "iffy", wait until just before you leave the house. E-sign in opens 24 hours before the ride, like checking into a flight.

Ride leaders still have an important role in making sure that folks have "signed in." Leaders have access to the E-sign in logs, and always need to have the paper log available. Riders who are not certain if they E-signed or are not on the E-sign in log, should be asked to sign the paper log (waiver). The most important thing to understand about sign-in in general is that it is a waiver. The club has a responsibility to ensure that every rider signs a waiver. One significant incident involving an un-waivered rider can cause us to lose our insurance.

In order for E-sign in to stay, everyone needs to do their part to ensure that ALL riders are signed in at every ride (E-sign in OR paper). We appreciate your cooperation!





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.

Group Riding Safety Rules

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

- * Follow traffic laws.
- * Be predictable.
- * No more than 2 abreast.
- * Merge single-file to allow passing (if safe).
- * Call out "car back/car up".
- * Call out "passing" when passing others.
- * Never pass a car or riders on the right.
- * Signal slowing, turn, stop with voice and hands.
- * Call out/point out hazards with voice and hands.
- * No abrupt changes when riding in a group.

Myth Busters: Myth #4

Lowering My Bike Gears is Cheating

Curious... who would one be cheating? Even if you're self-competitive, why not save your knees and your energy and have more enjoyable rides? Some of the climbs in the Finger Lakes and Southern Tier are significantly steeper than the mountain passes in Europe (much shorter of course, but steeper). Even experienced riders and racers lower their gearing for prolonged steep climbing. It means changing the rear cassette, and may require changing the rear derailleur, but that cost is modest and the payoff is immense. If you want to do the long hilly rides, consider talking to those at your local bike shop or other experienced cyclists for ways to lower your gears. It can make a huge difference in ability to do the more challenging rides and enjoy them.

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



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.

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!

AAA Membership Coverage

If you are a AAA member, you're covered on your bicycle at no additional cost to your policy. This is great to know! Transportation service will be provided for you and your bicycle when it has become disabled. They will take you and your bicycle to the location of your choice according to the towing distance included with your membership.

Visit [AAA Bicycle Assistance](#) for details.

Advertising

RBC members can advertise in the newsletter for free for one month. RBC members are also encouraged to advertise in the [Classified Ads](#) section of the RBC website, which is a more active way of advertising.

For non-RBC member, the rates are as follows:

- 1/4 page: \$10 per month (free for bike shops)
- 1/2 page: \$15 per month
- Full page: \$25 per month

To advertise in the newsletter, submit your ad and payment via the RBC website. Click News | Place a Newsletter Ad and follow the instructions located on the [Place a Newsletter Ad](#) page. You can also email the ad file to rbcnews19@gmail.com.

The submission deadline is the 24th of the previous month. For the November/December issue, the deadline is October 24 and for the January/February issue, the deadline is December 24.





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).

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](#).



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!





Board Meeting Minutes Summary: August

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

Treasurer:

- * Account Balances as of 7/31/20: Checking: \$8,509, Investment: \$15,519

Education:

- * Safety, Advocacy and Education Group FB: Some interesting posts continue.
- * Clinics: Penfield Rec Center still closed.
- * Safety Committee: Reviewing incident with video for article.

Advocacy:

- * Drive 2B Better: Plan and funding overview shared. Recommendation to hold on grant approval pending identification from other sources.
- * RCA/Reconnect:
 - * Complete Streets Training: MR followed up with the Town of Victor to discuss possible development of a Complete Streets plan.
 - * Initiative to Monitor Road Projects: RCA members to monitor road projects to advocate consideration.

Jersey Sales:

- * Six (6) sold.

Old Business:

- * RBC TDC Team: \$9,950 raised, 42 members. Ride planned from MPP following guidelines.
- * Andrew Spiller Memorial Rides: 8/22/20 Victor Municipal Park.
- * Autumn Banquet: Motion to cancel reservation for 2020 and move deposit to 11/6/21 with 11/13/21 as second choice. Approved.
- * Discussed recruitments of new board members for 2021.
- * Set date for election meeting: tabled until Sept meeting.
- * Motion to implement revised waiver language for all RBC waivers: paper and electronic signed for rides, paper and electronic waivers signed at joining or renewal. Approved.

New Items:

- * Motion that effective 9/1/20 all new memberships be individual membership only. Existing family membership renew at \$40 per year limited to 2 adults. Approved.
- * Discussed options for presenting 2019 awards. Decision to present at Challenge Ride.
- * Volunteer rewards. To discuss at Sept meeting.



RBC Board of Directors

Officers

President

Paul Knerr
Phone: 330-8374
Email: paul@e-knerr.com

Vice President

Brad Jensen
Phone: 872-4468
Email: bjensen99@yahoo.com

Secretary

Greg Turner
Phone: 637-7045
Email: gregturner@frontiernet.net

Treasurer

Dana Black
Phone: 478-8187
Email: dana.black82@gmail.com

Directors

Immediate Past President

Todd Calvin
Phone: 314-7432
Email: tc Calvin001@hotmail.com

Education

Andy Stewart
Phone: 442-7788
Email: onethenth@earthlink.net

Publicity

Mark Robbins
Phone: 469-5729
Email: markerino@gmail.com

Member at Large

Dave Ennis
Phone: 415-0869
Email: oldpuppydog@gmail.com

Maps

Otto Muller-Girard
Phone: 330-9593
Email: ottomg54@gmail.com

Newsletter Editor

Veronica Benzing
Phone: 704-0551
Email: rbcnews19@gmail.com

Member at Large

Nancy Rohlin
Phone: 331-8835
Email: rohlinalong@yahoo.com

Membership

Kathy Riegel
Phone: 203-4581
Email: kriegel2@gmail.com

Rides

Steve Riegel
Phone: 789-1241
Email: rbcrides@gmail.com

Member at Large

Mary Dinnan
Phone: 781-4194
Email: mdinnan@rochester.rr.com

RBC Coordinators

Librarian

Todd Calvin
Phone: 314-7432
Email: tc Calvin001@hotmail.com

Road and Trail Advocacy

Mark Robbins
Phone: 469-5729
Email: markerino@gmail.com

Website

Brad Jensen
Phone: 872-4468
Email: bjensen99@yahoo.com

Winter Meeting

Brian Managan
Phone: N/A
Email: brian@bcmbike.net

Awards

Brad Jensen (Acting)
Phone: 872-4468
Email: bjensen99@yahoo.com

LAB Touring/Ride information/Club Representative

Todd Calvin
Phone: 314-7432
Email: tc Calvin001@hotmail.com

Supported Rides

Ken Hansen
Phone: 509-3725
Email: kenkj1@yahoo.com

Legal

Jim Reed
303 William Street Box 1338
Elmira, New York 14902-1338
Phone: (800) 943-3529
www.zifflaw.com

Bike Cases

Open/RBC Website

