



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 September 14, 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.

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.

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

A blink of the eyes and summer has passed. And yes, it has been a strange summer. RBC rides have been different this year. Yet through it all, we found a way. This last month, I saw increased participation. Riders are learning the drill: e-sign in, face covering at the start, and keeping distance. The groups that I have been riding with are starting to pick up speed. Not like a normal year, but it feels good to go fast again.

We had a good turnout at the delayed Andrew Spiller Memorial Challenge ride. We set up in an open shelter. The club provided beverages, but unlike other years, there were no dishes to pass. The long ride started at 9 am. The ride went south through Bloomfield and Bristol and it turned around after a brutal ascent of Bopple Hill road. Only 5 in our group opted for this path. The rest took the less vertical option of Hicks road. I had not ridden Bopple in at least 8 years. I think that it got longer and steeper. Nevertheless, I survived. A bee sting descending Miller Hill was an unpleasant surprise. The return stopped in Cheshire for some much needed refreshments. I ended up riding the last 10 miles solo, as this was one of my longest rides of the year. Back at the park, we distributed awards to those in attendance. Overall a very enjoyable day.



There are still several months of good riding in this season. Go out and ride, either by yourself or join one of our group rides. Take care of yourself and family. Stay strong, stay safe, and keep a good attitude. I'm looking forward to seeing many of you on a ride or at the Fall election meeting (virtual).

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

As I was grinding up Bopple on Saturday, I was reminded that RBC is not your usual bike club!

While we have lots of great "normal" rides for folks with schedules and limited time slots, RBC's longer/remote rides are unique. The goal of these rides is the beauty and joy of riding through the incredibly wide variety of landscapes that we have in upstate NY.

I don't know of any other club that spends as much time and effort to discover, catalog, and continuously refine all the best little roads, rollercoaster hills, spectacular vistas, and tiny towns and stops over such a wide area. In addition, we then pick and schedule these rides to provide year-to-year variety, while making sure to hit specific annual seasonal highlights (example: apple blossoms, fall leaves in Letchworth, summer lake spots, ripe orchards, cider mills, etc.).

Not everyone has the time for all-day remote rides, yet they are valuable to maintain and offer. And they are all doable by average cyclists (with some lower gears!). You don't have to be fast... in fact, you'll miss out on most of the experience if you rush! 10-12 mph riders have been doing these rides since RBC began over 50 years ago. Options are always available to avoid Bopple-like hills or reduce distance and still experience the best parts. And there are always a few of us ready to explore a bit more when riding them, in hopes of finding even better route adjustments (example: another cut, quieter road, dirt road now paved (or "better dirt"), etc.).

2020 has certainly been a short odd season, but we did get very good summer weather and we are heading into perhaps the best part of our riding season in September and October. The trees, leaves, hills, and crisp fall air are not affected by the virus and will be just as brilliant as before, reminding us that beauty and life continues and that we should experience it while we can.

Please get out and enjoy our rides... scheduled, group, or solo! That's why we've compiled and made them available to all of you. Ride safe! Hope to see more of you as the situation improves!

Steve Riegel (Rides)





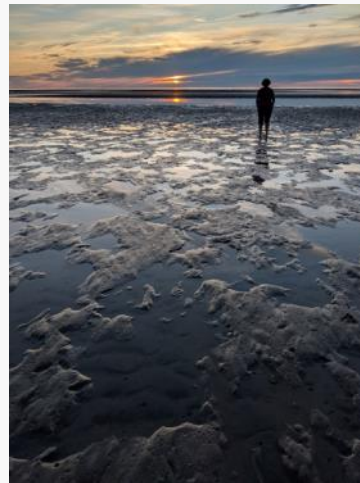
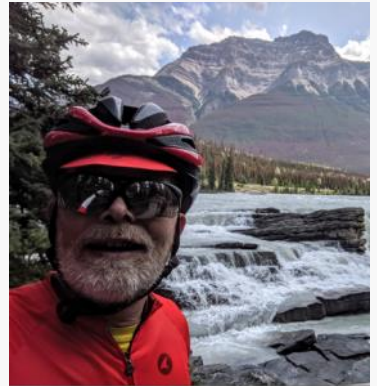
RBC Maps

Hello RBC! I hope you have gone out and done some good riding by now. We have had the really hot muggy days for those that like that and now we're starting to see shorter days (boo hoo!) and some cooler temperatures (yay!).

Deb and I have had no vacation or trips due to the COVID -19 situation. We recently decided that we would still make our annual trek to Cape Cod. We always rent a house and do our own cooking, so it is easy to be physically separated from others even as we wander in the sunset on the beach each night. So this month I share some pictures I've taken on past trips to Cape Cod, near Orleans and Chatham. I hope that you enjoy them.

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)





Advocacy Corner

Call for Input for Genesee Transportation Council's Long Range Transportation Plan

The [Genesee Transportation Council](#) is the planning organization that determines funding for all transportation projects in the Rochester/Finger Lakes region. By law, GTC must have a long range plan and this plan is currently due for update. Public input is being requested and this is an opportunity for Active Transportation advocates to share their vision for transportation in our area with the planners. Projects that include Complete Streets features enhance the likelihood of projects being funded. GTC has budgeted for trails projects in the past so feel free to include in your input recommendations about further trail development. The progressive planners in GTC need public support to get their ideas approved by their board. Please consider providing input to this important transportation funding plan. You can send your comments via email to LongRangeTransportationPlan@PublicInput.com.



Why We Cycle

Tickets are now available for RCA's September 10th [Street Films](#), a virtual screening of the wonderful Dutch film [Why We Cycle](#). See what drives the Netherlands' bike culture and join cyclists from our region for a post screening discussion on how we can get more Western New Yorkers on bikes. The film will be used as a springboard to discuss local values and goals and how having more people ride bikes would benefit our communities. WXXI's Mona Seghatoleslami will moderate a panel discussion featuring Mitch Gruber, Robin Wilt, Elizabeth Murphy, and Neely Kelley. Donations are encouraged. Visit Reconnect Rochester to [register](#). Don't miss it!

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. Want to order one or more of the lawn signs? Visit [Drive2BBetter's website](#).

Mark Robbins (Road and Trail Advocacy)





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.

Myth Busters - Myth #3

If the Ride Leader is Fast and I am Not, I Should Not Choose that Ride

Hmm... I wondered... what in the world does the ride leader's pace have to do with the price of tea in China? Leaders are there to sign people in and to give some pre-ride instructions. Having an established ride schedule with leaders is one of our club's greatest assets. People have told me they won't go on an "Otto ride" or a "Kevin ride." I do "Otto rides" and "Kevin rides" all the time. Otto and Kevin are fast. I am not fast. We all enjoy the same ride and stop at the same places. That's what an RBC club ride is... shared experiences!

FYI: In 1989, very early in the club's history, it was noted in the RBC newsletter that ride leaders were not responsible for keeping people together. Instead, all riders were asked to bring a map, so they could ride at their own pace, as "more people would be able to enjoy the ride if they go at their own pace."

Who Was Andrew Spiller Article Correction

I had gotten words from Andrew's former wife Rose, then wrote "According to his late wife Rose..." Mark Frank picked up on this and let us know... "I can assure you Rose and her daughter Ariana are happily living in Lodi, CA. :)"

Thanks Mark!

Kathy Riegel





Andrew Spiller Challenge Ride

This year's Andrew Spiller Memorial Challenge Ride truly had something for everyone... from gently rolling terrain in the beautiful countryside to more strenuous challenges including the infamous Bopple Hill. The weather on Saturday August 22 was beautiful and it was great to enjoy the routes together!

Most riders, at varying paces, took the "More Challenging" options, led by Steve and myself. All ended up in Cheshire. It was an opportunity to get cold drinks, a sub, pizza, or cookies and enjoy time on the lawn under the trees. On the long route, the Bopple climb was there for the takers. Not a soul told me it was fun, but they were glad they did it. David, new to our area, found it impressive. A photo captured several of them lying in the cemetery at the top. With a maximum grade of 23%, that seemed appropriate. Steve and I invited two guests, and he encouraged one to join him on Bopple. I got a text later saying "Your husband almost killed me." I told him that was because we liked him.

Many did the Hicks Road climb, longer but not horribly steep, described by a couple of us as "pleasant" and "scenic." For several others, it was "wow that was long." When Amy got back, she made us all laugh saying "the only thing that would have made it better... it needed just one more hill!" Sree, new to the area, raved about the scenery. As a randonneur, he sure will appreciate our region. In the last 10 miles, I came upon Bob P, who intended to do only 35 miles, but due to problems with his navigation device, did many more. The silver lining was that I had not seen him all year, and I had a chance to catch up with him. Ride with GPS turn-by-turn navigation on my cell phone is what keeps me on route (free for all RBC members for our club routes*). To learn more about RideWithGPS, visit the [Using the RideWith GPS \(RWGPS\)](#) page on our website (Members Area | Using Ride with GPS).

Most of the riders on the "Less Challenging" options, led by Gary and Lisa, chose to do the shorter route. They got a real nice group shot in front of the "Be Happy" barn. A diverse bunch rode, including Life Members Harvey and Bary. Harvey mentioned that he was impressed to see so many new faces that day. Mike B and his son Max did 10 miles on the Auburn Trail. Yay Max! Speaking of Life Members, Bob L joined us for the gathering! He is doing great and talked about plans to ride again in the future. He's looked at several hand powered bikes.

It was a "challenge" to plan this. The goal of a club event is to bring people together, but this year, we were supposed to keep people apart. Fortunately, cycling is a group activity that you can do without being close to one another. Folks appear to be well-programmed at social distancing, both on and off the bikes. In lieu of a traditional picnic, attendees brought their own chairs and their own snacks so they could sit far apart outdoors. It was enjoyable, even in our "new normal" state, at a distance, with masks as needed.

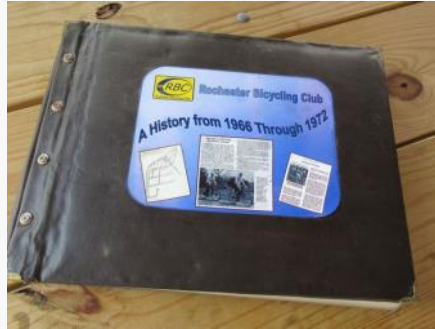
Since we could not have the Annual Awards ceremony in April, Brad and Mark distributed them after people returned from rides. Unique to 2020, we have photos of masked folks getting their awards! Todd C added a special touch by bringing a club scrapbook. Old and new members enjoyed looking through it.





Traditions such as the Challenge Ride and Awards is part of what makes RBC what it is. A very special club!

Kathy Riegel



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!

Welcome New/Returning RBC Members!

- | | | | |
|------------------|-----------------|----------------|-----------------|
| * Sandra Barbosu | * Nancy Garrett | * Ann King | * James Leistra |
| * Zachary Boivin | * Erik Hartmann | * Michael King | * Scott Murdock |



Annual Awards Ceremony

Since the Spring Awards Banquet was canceled due to the COVID-19 pandemic, the awards for the 2019 riding season were presented at the Challenge Ride. Brad Jensen and Mark Robbins shared in the presentations. The following awards were presented:

- * 1000 Mile Club (given to riders who completed 1000 club miles for the first time): Dave Ralph, Marie White, Amy Krebs, Bonnie MacLean, Andrew van der Bank, Max Herman, and Mark White
- * 2000 Mile Club (given to riders who completed 2000 club miles for the first time): Lauren O'Neill
- * Best New Riders (given to new club members for their accomplishments and improvement in their first year riding with the club): Melissa Jados, Pamela Murray, and Marie White
- * Most Improved Riders (given for demonstrated riding improvement over previous year): Mark White, Bonnie Maclean
- * Total High Mileage: Brian Dahl (2639) and Lauren O'Neill (2334)
- * Calendar High Mileage: Bob Pitfrof (2177) and Lauren O'Neill (2151)
- * Most Rides Led: Bonnie MacLean (24)
- * Most Supported Rides: Ken Hansen (58)
- * Most Calendar Rides: Robert Pittrof (69)
- * Most Total Rides: Brian Dahl (78)
- * Most Rides Over 50 Miles : Ann Carroll-Lee & Steve Lee (16)
- * Where's Waldo Award: Karen Managan, for her work over many years editing the newsletter. She found the tiny grammatical errors that the rest of the editors missed. She received a Where's Waldo book along with a certificate.
- * Jules K GQ Trophy (given for cycling fashion sense and named for Jules Kleinhenz, who was known for his cycling fashion): Pamela Murray
- * Stone Saddle Trophy (given for a feat of riding endurance): Karen Managan. In mid-December, Karen realized that she needed 250 more miles to reach 6000 for the year. She made it her mission to reach the goal, finishing on Christmas day.
- * Big Chain Ring Trophy (given for feats of strength and speed, such as long hard pulls in pace lines and charging up the hills): Kevin McFarland. Kevin rode his bike to the event, so needed to have someone else bring the trophy home for him.
- * George Rennie Award (given for exemplary service over the last one to two years): Lori Burch. For her work with the club as a LCI instructor, such as giving safety talks at SR rides and writing safety articles for the newsletter.
- * Life time Achievement Award (given to for continued service to RBC and the Community over the course of many years and is chosen by the Board of Directors): Brad Jensen. Mark Robbins presented the award to Brad and said "Brad has served on the Board since 1997 and has held many positions including Secretary, Ride Chair, VP, President (twice), Treasurer, Statistician, Publicity, and Web Master."





At the end of the presentations, we raffled three \$25 gift cards for Tom's Pro Bike.

Brad Jensen (Vice President/Awards)



Do you have 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).





Riding the Keuka Outlet Trail

Last month, we decided to ride the Keuka Outlet Trail. We do not ride together as a family much. I road ride and Joel and Julia mountain bike. We have done a couple rides together on the canal and around the Village of Fairport, but that is the extent of it. Our friends told us about the trail and after reading more about it, we decided to give it a try.

I was not sure what to expect from the trail even after reading about it. We were pleasantly surprised! It was SO scenic! The trail is 7 miles long and you can either start in Penn Yan or in Dresden. The trail was an old railroad bed so it is mostly dirt/grassy. The start in Penn Yan is paved and you ride over a couple of bridges, but it quickly turns to dirt/grassy. The trail is fairly flat with only a couple of very small hills.

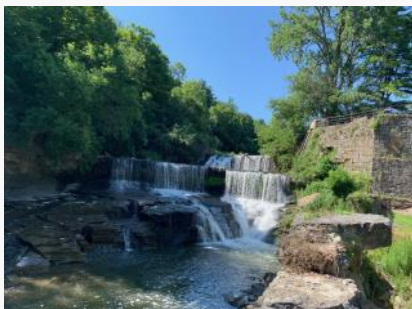
We decided to start in Penn Yan. The trail follows a river, which was so pretty! A couple of small off shoots were created in order for visitors to access it. Our first stop was so beautiful!

A few ruins also exist along the trail. Apparently, two mills were built along the railroad bed. Two waterfalls were created by the mills too. I was very excited when I read about them. We stopped at both, but the first mill was definitely the best. The ruins and waterfall were so nice! You could not really see the waterfall near the second mill. I liked the ruins though.

We stopped in Dresden for a snack. There was not much there, just a small parking lot, so I am kind of glad that we started in Penn Yan.

We had such a great time! The ride ended up being 14.29 miles round trip. It was Julia's longest ride ever!! We were SO proud of her! After the ride, we had a picnic lunch and a well-deserved ice cream cone. If you have not checked it out, we highly recommend it!

Veronica Benzing





Post a Ride

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

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

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

Local Bike Shops Perks

Did you know that many of our local bike shops offer regularly scheduled rides? They also offer clinics for riders to learn how to handle a flat tire or do basic maintenance on their bikes. See the [Local Bike Shops Rides and Clinics](#) section (Rides | LBS Rides) of the RBC website.

Also, most of the shops offer discounts to RBC members. Keep your membership card in your wallet... you can save quite a bit on your purchases. To see the discounts that are offered, visit [Club Documents](#) section (Members Area | Club Documents) of the RBC website and click [2020 Bike Shop Discounts](#).

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.





Goodbye SAG Wagon

Sliding between the sheets in a bed and breakfast after a day of bike touring is always delightful. A day of riding with someone else to plan a lovely route, fill your water bottle, provide you with snacks, change a tire, and clean the chain at the end of the day is a luxury.

I have partaken of the perks of the fully supported bike tour, and I liked them. The tours weren't perfect and they were pricey, but they were delightful.

In a pandemic world, however, where traveling far afield, staying in hired accommodations, and generally being around people is risky, I wasn't eager to jump back in. I missed seeing new places from the saddle, though, and to make it harder to bear, I had time on my hands thanks to a downsizing at work. Day riding was great, but it wasn't the same. What's a bike traveler to do? Go camping.

And by camping, I mean bike camping.

I'd grown up in a family that camped and as an adult, I'd taken my family on our share of car camping adventures. I'd raised an outdoorsy Eagle Scout who had gone backpacking for weeks at a time and now is most at home in a tent, but I'd never chosen to be my own Sherpa, and I'd need to hire one if I was going to use the car camping gear.

In the Before Times of 2019, I'd planned an easy couple days on the Erie Canal Trail, credit card touring with some friends. We travelled light, staying in hotels or B&Bs and eating in restaurants along the way, but I did carry my few things on the bike in what became the jumping off point for pandemic bike touring.

Self-supported travel by bike can take many forms, from that credit card model to loaded bike touring to ultralight bikepacking off the beaten path. Settling on something in between where I could be socially distant and still have some comforts without lugging a trailer behind my bike seemed the sweet spot for me.

Taking stock, I had a sleeping bag, a bike with a rack, and panniers (not waterproof, but serviceable). The family-sized tent we used for car camping wasn't going to cut it, so I picked up a moderately priced three-person tent that I could use with my husband and a new sleeping pad to go under the sleeping bag. I was ready! Or so I thought.

I scoured the Internet for packing gear lists and agonized over creating my own. While it's easier to carry things on your bike than on your back, that doesn't mean it's easy, and extra weight makes hills much, much harder. Packing light was important, but not having something essential worried me. Armed with tips from the Web and the purchase of a new handlebar bag, I planned out a one-night adventure with my husband along the Erie Canal Trail from Spencerport to Macedon and back, 30 miles each way, relying on granola bars and takeout food, but testing out the whole camping plan. We wouldn't be far from civilization if something went wrong, and it was just one night if I didn't like it.

The weather was great for riding, and the camping gear worked, although I wished my sleeping bag was a bit lighter





and more compact so it didn't take up nearly all of one pannier bag. The one hitch was pandemic-related: restrooms weren't open at the Canal lock, although the camping was, so we had to improvise with a walk to the village convenience store or a trip to the trees.

Emboldened by this success, I started planning another overnight trip, longer and on roads to a private campground. I did have to walk my laden bike up one hill, but trip 2 was also a success.

That trip led to a two-night trip to a state park with two riding friends, and then to another two-night trip, but this time solo and bringing most of my food. Each trip left me with new ideas for what would be the perfect gear and how to carry it, but I've kept my initial gear list for the most part.

After several outings, I'm not in love with bike camping, but there is much to like. Outdoor recreation is one of the safer things you can do these days, and camping is a lower-risk travel choice during this time of plague. Exploring new places at a slower speed was a favorite part of bike touring, and carrying 20+ pounds of gear definitely keeps the speed slower. Planning the trip gives me the chance to learn about new places, with the Internet making the research a snap, and executing on the plan is empowering. Then there's the economic side: Even after buying some gear and paying campground fees, it's considerably cheaper than a supported tour.

I expect that I'll return to fully-supported touring in the future, but I also expect to keep bike camping. It's another way to explore by bike, and while the ground can't match a soft bed at the end of the day, falling asleep to the sound of the wind in the trees is another sort of reward.

Sarah White



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!





Advertising

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

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

1/4 page: \$10 per month (free for bike shops)

1/2 page: \$15 per month

Full page: \$25 per month

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

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

Don't Miss the Boat!

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



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

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

Newsletter Publications

The newsletter contains 10 issues. March through October, the newsletter is published monthly. November to February, only 2 issues are published.

To submit an article, a photo, information about special events, or any other cycling-related information to be included in the newsletter, email them to rbcnews19@gmail.com.

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

To view previous issues, visit the [Newsletters](#) section (News | Newsletters) of the RBC website.

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!





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](#).





Board Meeting Minutes Summary: July

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

Treasurer:

- * Account Balances as of 6/30/20: Checking: \$7,430, Investment: \$15,519

Education:

- * Clinics: Penfield Rec Center still closed.

Advocacy:

- * Drive 2B Better: Preliminary grant proposal to support effort.
- * GTC Bike Map Updates: Under development.
- * RCA/Reconnect:
 - * Complete Streets: RCA hosted a conference with reps from area towns and agencies.
 - * Group Rides Restart: Unity rides, two weekly, on the West and East sides of Rochester.
 - * Bike Share: RTS expressed interest in filling the void left by recent departure of Zagster.
 - * Ghost Bike Committee: Prompted by the deaths of three area cyclists in the past several months, RCA formed a Ghost Buke committee.

Jersey Sales:

- * Three (3) sold.

Membership:

- * Some discussion about family memberships.

Old Business:

- * Tour de Cure: Online event 10/3/20. 42 members, goal \$22,000 raised. Considering an actual RBC team ride.
- * Autumn Banquet: 11/14/20 at Glendoveers. May not happen due to COVID.
- * Andrew Spiller Memorial Rides: 8/22/20 Victor Municipal Park. Discussed To Do list. Spiller bio/story to be published in the newsletter.

New Items:

- * Changes to waiver discussed, to be brought to attorney.
- * Preliminary grant proposal for Drive2BBetter to support the 3 S's (Scan, Slow, Space) and distracted driving avoidance. Discussed possible RBC contribution.
- * Election Meeting may be Webinar Meeting.
- * T-shirts: Women's M and S left. No plans for new shirts at this time.
- * Awards presentation discussed. Challenge Ride or Fall Banquet.



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Bike Cases

Open/RBC Website

