



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 March 8, 2021 | 6:30 pm
Virtual Meeting

2021 Season Kick-Off Ride

Saturday April 3, 2021 | 2:00 pm
Walworth Wanderer

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.

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 an [RBC Maps Request](#) (Members Area | Maps | Map Request Procedures and Guidelines). 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

Hi everyone!

Although winter arrived late, at least it stayed a while with usable snow. Our makeshift home gym was OK, but it was far better to ski, snowshoe, and hike with others in the brilliant white snowscape.

We had not XC-skied some places in years, and they were beautiful escapes. We got to Cumming Nature Center, Harriet Hollister, back-trails of Durand and Webster Parks, and further away to spots in the Adirondacks - Boonville, Old Forge, Lake Placid, and Garnet Hill. We even snowshoed up Mt. Jo in sub-zero weather, meeting whole families along the way. Outdoor activities this winter kept us sane (!) and surprisingly social during this unusual time.

I think it's pretty clear now that you can't catch COVID-19 (or anything else!) at outdoor activities where you are distanced and constantly moving. Just stay outdoors and keep some personal space when stopped.

And since many of you are getting vaccinated, there's no reason to ride alone anymore! We've missed seeing some of you at our rides and look forward to catching-up. (With some folks, I'm always "catching-up" on rides! :-))

Most of us won't be going to far-flung places this year, but don't worry, there is a lot to (re)discover right here in upstate NY. Join us as we visit Skaneateles, Moravia, Wolcott, Fairhaven, Penn Yan, Naples, Bath, Wayland, Alfred, Andover, Castile, Franklinville, Rushford, Attica, Hamlin, Holley, Byron, and many other small towns you may not know. Our remote rides are as beautiful and varied as any tour, without the packing and travel hassles. When time-constrained, our local rides will also take you to surprising places. And Kathy and I are looking forward to doing some trail/adventure rides this year, learning skills from the experienced riders on them.

As with many sports, cycling skills improve when you ride with others. Hints and tips shared during rides are key to understanding and fixing comfort and mechanical problems, resulting in smoother and more enjoyable rides. Be sure to ride with different folks, and you'll be amazed at how much your confidence and ability improves in many dimensions (a lot is mental!). You'll also find out how cool your fellow riders are! These are key benefits of coming together for club rides.

The pandemic has taken an awful toll. It reminds us how fragile life actually is. I'm thankful for all the discoveries and determination to help us get through these things. Our best response is to help where we can, and to live our life fully. That includes enjoying cycling, both individually and together.

See you out there soon!

Steve Riegel (President and Rides)





Ride Chair Corner

OK... let's try this again. 2020 do-over. I'm pretty sure it will work this time. Only snow or silly-cold should get in the way of starting our rides in April.

We only got to one of these new rides last year:

- * [Bakery Run](#)
- * [Avon-Tuscarora](#)
- * [Leicester-Gainesville](#)
- * [Houghton Holiday](#)

And we've added yet more (from some intrepid explorers in 2020):

- * [Bastions of Bristol](#)
- * [Geneseo-Byersville-Letchworth](#)
- * [Powder Mill - Mendon Meander](#)
- * [Amazing Apple Blossoms](#)
- * [Ice Cream in Egypt?](#)
- * [Hamlin Hustle](#)
- * [Way Out West](#) (to complement [Way Out East](#))

Ride them with the club if it fits your schedule or gather a group of friends and try 'em out. On weekdays, let others know to join you by adding a ride via our [Schedule a Ride](#) webpage (refer to [Adding Rides](#) for more information).

As we emerge from the pandemic norm of solo/few-person rides, remember how normal club rides help us all. When more folks come to the same ride, everyone has someone to ride with. If we all go our own way, we're not there for those like us who show up! Also, we end up sharing the same experience, even with different speeds and styles. Most of us gained our riding skills and got to know other cyclists by coming to club rides.

Get your bikes ready! Only a few weeks until we start!

Steve Riegel (President and Rides)



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.





RBC Maps

Hellooo RBC folks! As I write this, we have a beautiful sunny February day and I know spring and outdoor bike riding are weeks not months away. I get out when it is nice, like today, and then I feel that winter is not so bad and can be a lot of fun too. It's just not bike riding weather for me. So please go out and play in a way suitable for you. You'll be glad you did. Don't forget to wear a mask as necessary and keep socially distant.



I am nearly done with the maps updates that I discussed in last month's article. By the time you read this, I should be sending out proof copies for approval by those who requested the map work. I can tell you that there will be some really nice new routes to try this year for both Supported Rides and our regular road rides.

Due to the pandemic, we weren't able to do some of the new routes from last year. I think this will be an extra special riding season with an abundance of new rides to try. Don't miss them.

Please consider helping the RBC Rides Director by volunteering to lead a ride. I know there are opportunities for you and it takes almost no additional effort to be the ride leader on a ride that you would go to regardless. I can help you if you have questions about a route.

Let me know of any map or navigation topics that you would like me to discuss in this space. If you have any questions about maps and routes, please feel free to mail me (rbcmaps@gmail.com). If you want to request map work, visit the [Map and Route Request Procedure](#) page (Members Area | Maps | Maps Request Procedure and Guidelines) of the RBC website.

Otto Muller-Girard (Maps)

It's March: Did You Renew?

It's March! Lots of things happen in March... National Peanut Butter Lovers Day, Dr. Seuss's Birthday, National Pi Day, and the first day of Spring (to name just a few). March also means RBC renewal time!

The 2021 season starts March 1, 2021. Renewal reminder emails have been ongoing. Renewing by April 1 will give you continued club benefits, including access to the club route inventory, RBC Meetup, RWGPS premium features, our newsletter, and insurance.

Looking forward to warmer weather and seeing you all on the road!

Kathy Riegel (Membership)





Advocacy Corner

Congratulations to Dan Lill of R Community Bikes on his Retirement!

R Community Bikes Inc. collects and repairs used bicycles for distribution without charge to needy children and adults in Rochester. Its mission is to provide safe, basic transportation for people in the community who depend on bikes for recreation as well as to get to work, school, rehabilitation programs and training. The organization also advocates for its target population to be included in local discussions regarding bike-related policies and practices such as establishing bike lanes. Dan started distributing bikes to needy persons in 2001 and that effort morphed into R Community Bikes in 2008. RCB has given away more than 2,000 bikes and repairs more than 3,000 each year! We Congratulate Dan on his incredible achievements and his contributions to the Rochester bicycling community and wish him all the best in his new "retired" life!!!



NY State Cycling Related Legislation

I want to mention three pieces of cycling related legislation that have made their way onto the docket for this legislative session.

- * A law that would require motor vehicles to pass bicyclists at a distance of no less than 3 feet is again under consideration. Visit [Assembly Bill A547/NY 3 Foot Law](#) for more information about the bill. A senate version of this bill is expected shortly.
- * A second piece of legislation (S1078; A5084) would require instruction on bicycle and pedestrian safety as part of the drivers prelicensing course (visit [Bill A1078](#) and [Assembly Bill A5084](#) for more information).
- * Last, the Idaho Stop legislation is under consideration in both houses (S920; A3104). This legislation would allow cyclists to treat stop lights as stop signs (i.e., come to a complete stop and check for cars and pedestrians before proceeding through an intersection) and to treat stop signs as yield signs (i.e., slow down to check for cars and pedestrians before proceeding through an intersection). The RBC board recently voted in favor of RBC becoming a sponsoring organization in support of this legislation. Visit [S920](#) and [Bill A3104](#) for information on these bills. We will provide additional information as to how RBC members can support the passage of these bills after NY's budget process is further along, likely during April. Stay tuned.

Genesee Transportation Council (GTC)

GTC is seeking public input into the development of its Long Range Transportation Plan (LRTP) 2045. Why is this important? This plan will establish transportation priorities and strategic direction for the nine-county Genesee-Finger Lakes region. Federal, state, and local governments will use LRTP 2045 to guide transportation investment decision making in our region over the next 25 years. Visit [Long Range Transportation Plan \(LRTP\) 2045](#) to read more about the plan. Click "Participate" to provide your input.

Mark Robbins (Road and Trail Advocacy)



Sad News: Edwin Rivera

RBC member Edwin Rivera (Ed) passed away August 1, 2020 while riding his bicycle with his 29 year old son.

According to his wife Leonor, Ed died suddenly of a heart defect. She said that he had just ridden many miles with the club the weekend before and loved it. She added *"Thank you for giving him such a great last long ride."*



To learn more about him, see his [obituary](#). The club has made a donation to Worldwide Marriage Encounter in Ed's name.

Member Benefits: 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).

Welcome New/Returning RBC Members!

- * Chris Bailey
- * Simon Barnett
- * Cynthia Heppard
- * Daniel Lambrigger
- * Zihao Li
- * Alan MacRobbie
- * Dale Oswald
- * Estalyn Walcoff
- * Terry S Yonker

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!

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 23rd of the previous month. For the November/December issue, the deadline is October 23 and for the January/February issue, the deadline is December 23.

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





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.

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.

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!





Season Opening Ride Tips

The club's riding season will soon start and besides the usual early ride challenges, we still have social responsibilities that need mentioning.

As mentioned in last month's issue, we will be going back to a paper sign in instead of the e-sign in option. Please follow masking and distancing at the ride start. We will follow the same guidelines that were put in place last year, which are:

- * Do not attend if sick.
- * Practice social distancing at all times.
- * Avoid pacelines and tight groupings while riding
- * Limit sub groups to 10 riders during rides.
- * Bring and use your mask for the start, stores, and stops.

Spring weather can vary a lot even if it seems nice from winter's ice and cold. Some of winter's clothing and gear needs can remain, but a week later it might be shorts and thin gloves. Pay attention to the forecast and maybe keep that bigger bag on the bike for the extra layer or rain gear. It seems that Spring rain is colder than Fall rain.

The roads can still be a challenge. Road debris and gravel build ups, broken pavement from winter's freeze/thaw, and possible icy surfaces can be present (whether you look for them or not). Be aware of fellow riders and try to leave space for them, or you, to be able to steer around the road hazards. This early in the riding season, vehicle drivers are not used to seeing cyclists out on "their roads". Visible clothing, lane placement, and communication along with use of blinking daytime lights help drivers see us.

Your bike should have been cleaned up, lubed, and made ready for the season before Spring. Parts that are prone to wear like tires, brake pads, cables, and chain might need replacement. Given that last year's challenges will drag into this year, we suggest planning your preseason bike tune up far earlier than in the past years.

The last part of the system is you, the rider. Early season can be "interesting" as we transition from the trainer stand and/or spin bike to outdoors. One drawback to stationary trainer devices is that they reduce the body/mind's sense of cycling balance. Please be aware of weaving or drifting as you pedal hard. Maybe practice how straight a line you can follow when by yourself. Also, be careful during ride starts due to different speeds and energy, even waiting an extra few minutes before heading out from the start if necessary.

While many of the early season rides are of moderate distances when it's still cold, stopping can be less comfortable than later in the year. We can't cram in a store while we eat our Cliff bars and outside might be rather cold. Leaving with enough energy in your belly will make your rides more enjoyable than suffering through a bonk when it's 45 degrees, windy, and gray.

So until the weather becomes consistently warm, we grow stronger, and regain our cycling skills, please stay alert and ride safely.

Andy Stewart, Lori Burch, Dana Black, and Mark Robbins



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!



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.

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.





Don't Forget to Rejoin RBC Meetup

For the past several years, the club's electronic calendar has been on [RBC Meetup](#) where participants see detailed information about rides, including PDF maps, electronic routes, and start locations. It is the place to post and look for additional information if relevant (e.g., detours, road conditions) prior to the ride. You can see who else is going and whether other riders of your speed and/or style are attending. RBC Meetup enables you to be aware of rides that are added. Also, ride photos are posted there.

Starting this year, RBC Meetup will be private to paid RBC members.

This will have little impact on you. It will look and feel exactly the same, with all the things you love... the schedule, detailed info about rides, and all of our past photos! As an RBC member, you will continue to have the ability to view all details, receive communications, and actively participate (e.g., RSVP, make comments, post and view photos). The public will see the schedule but no details. Prospective members will be allowed in to "try before they buy" (limited to 2 weeks).

In order to make this change, we had to purge all individuals on RBC Meetup and have you rejoin the group. If you have not done that yet, it's easy! Assuming that you have a meetup account:

1. Go to RBC Meetup.
2. Click the "Request to join" button.

Once you are approved back into the group, you may want to adjust this group's email settings to eliminate all but a few notifications. Refer to the [RBC Meetup page](#) (About | RBC Meetup) on the RBC website for more information.

If you have any questions or concerns, do not hesitate to contact Kathy (kriegel2@gmail.com).

Kathy Riegel (Membership)

RBC Club Jersey

We have replenished the club jersey inventory.

The price is still just \$55.00. For more information, visit the [Club Jerseys & Tees](#) section (About | Club Jersey & Tees) of the [RBC website](#).





Seeking Awards Nominees

It looks like COVID-19 will prevent us from holding our Spring Awards Banquet again this year but we will find a way to present the awards to the winners. The Awards Committee is seeking nominations for the following awards:

- * Waldo Nielsen Award: Given to RBC members for outstanding contributions to trail work and trail advocacy.
- * Stone Saddle Award: Given to a club member who has demonstrated feats of cycling endurance. Does not need to be limited to club riding.
- * Big Chain Ring Award: Given to a club member who demonstrated feats of cycling speed and strength. Think of someone who is always charging up the big climbs or doing the long, fast pace line pulls.
- * Jules K GQ Award: Given to a club member in recognition of their demonstrated outstanding cycling fashion sense. Pictures a must!

We are also always in need of nominations of anyone deserving a humorous award. Can you recall something from a ride that was funny or can be turned into something funny?

If you know of someone who you think is deserving of one of these awards, send the nominations to Brad Jensen (bkjensen99@yahoo.com).

Brad Jensen (Awards)

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 23rd of the previous month. For the November/December issue, the deadline is October 23 and for the January/February issue, the deadline is December 23.

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](#).





Board Meeting Minutes Summary: January

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

Treasurer:

- * Account balances as of 12/31/20: Checking: \$8,073, Investment: \$13,619.
- * Credit card info to be updated for Meetup and Adobe.

Membership:

- * First renewal reminder to go out Feb 1.

Advocacy:

- * RCA meeting on 2021 planning and priorities. Draft questionnaire regarding transportation issues to be sent to mayor and council. RCA posted an announcement about a bill to adopt “Idaho Stop” in NYS (allow cyclists to treat stop signs as yield signs and red lights as stop signs).
- * Town of Victor to organize a Bike to School Event in October.

Maps and Rides:

- * Maps: Work progressing.
- * Rides: 55% of regular rides and 65% of SR rides have leaders.

Upcoming Events/Status:

- * RBC Tour de Cure Team: 2021 registration has begun.
- * Winter Media Event: Virtual event via Zoom. Topics include bike touring and RBC history.
- * Trail rides: Article will be in newsletter. Email membership to gauge interest in leading or attending trail rides.
- * 2020 Awards: Brad to email former George Rennie Award winners about nominee and email members for nominees for some of the other awards.
- * Challenge ride organizer: Any takes? Contact Steve.

Other Items:

- * Meetup change: Letter to members explaining RBC Meetup going private. Final removals underway. “Request to Join” button added. Meetup members now need to be approved. Includes waiver. All content still visible but that will change. Follow-up letter to members telling them they can rejoin.
- * Newsletter deadline: Next deadline Jan 20 for early Feb publication.
- * RCA/Reconnect donation: Motion for donation of \$300 to Reconnect Rochester, earmarked toward RCA, approved.
- * Investment Account: Approved adopting the resolutions set forth by Cetera, which names authorized signatories.
- * Timeline: Steve will send for changes/additions.
- * Bike shop discounts: LBS discounts will not be finalized until mid-March.
- * Brochure/pubs updates: To review and update RBC publications as needed.



RBC Board of Directors

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Bike Cases

Open/RBC Website

