

# FLOWER CITY CYCLIST

NEWSLETTER OF THE ROCHESTER BICYCLING CLUB



Rochester Bicycling Club



Volume 47 Issue 5 June 2014



## *Riders and a Mural*

*unidentified place, time and photographer*

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## *Upcoming Events Summary*

### **Adopt-a-Highway**

June 2nd  
6:00 pm  
Meet at the corner of Rte 250 & Plank Rd

### **Board Meeting**

June 10th  
7:00 pm  
Brookside School  
S. Winton Between 590 & Westfall Rd

### **“All About Your Bike” (New!)**

June 19th  
7 pm - 9 pm  
Christ the Good Shepherd Church

### **Flat Tire Clinic**

July 29th  
7 pm - 9 pm  
Christ the Good Shepherd Church

## **The Flower City Cyclist**

### **Our Mission:**

- > Teach and promote bicycling for transportation, recreation and health.
- > Preserve and proclaim the rights of bicyclists as operators of vehicles.
- > Schedule and 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.
- > Advocate the safe and responsible use of appropriate lands for off-road cycling.

This Newsletter is published as scheduled below by the Rochester Bicycling Club

### **Newsletter Deadlines:**

Mar	Feb	15th	Issue 1
April	March	15th	Issue 2
May	April	15th	Issue 3
June	May	15th	Issue 4
July	June	15th	Issue 5
August	July	15th	Issue 6
September	August	15th	Issue 7
October	September	15th	Issue 8
Nov-Dec	October	15th	Issue 9
Jan-Feb	December	15th	Issue 10

### **Newsletter Advertising:**

The Flower City Cyclist accepts paid ads and preprinted inserts. Paid ads will run for one issue. Copy and payment are due on the deadlines listed above.

Rates are:

1/4 Page	\$10.00
1/2 Page	\$15.00
Full Page	\$25.00

Note: Members may place bicycle related classified ads at no charge. See the RBC Website for complete details.

**THIS NEWSLETTER IS ONLY AVAILABLE VIA EMAIL:**

Send your email address to:

[RBCMembership@gmail.com](mailto:RBCMembership@gmail.com)

### **Contributing?**

The editor accepts all bicycling related, member submitted articles, photos and artwork for the newsletter. Special consideration is given to RBC related activities, rides, special events and your personal experiences, cycling tips and adventures! Share your stories!

Submit articles to:

[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# Announcements



## Order New Jerseys On-Line

<http://rbc.wildapricot.org/Jerseys>

### **New DISCOUNTED Prices on OLDER Style Jerseys!**

All sales final  
No returns  
\$25.00



Sizes available:

Women Small (4)

Contact:  
Richard DeSarra  
[rdscomm@rochester.rr.com](mailto:rdscomm@rochester.rr.com)  
585.461.5363

## Greater Rochester Area Bicycling Map 2014 Edition Now Available

[http://www.gtcmpto.org/Bike\\_Map\\_2014/BikeMapInfo.htm](http://www.gtcmpto.org/Bike_Map_2014/BikeMapInfo.htm)

The 2014 Greater Rochester Area Bicycling Map, prepared by the Genesee Transportation Council utilizing road ratings provided by volunteer members of the Rochester Bicycling Club, is now available.

The ratings represent the opinions of experienced bicyclists on the rideability of major roads based on existing road conditions and features such as pavement width and quality, traffic volumes, presence and type of shoulders, and posted speed limits.

Copies of the map are available at the following locations:

- Bicycle Outfitters, 72 Main Street, Brockport
- Bike Zone, 2100 Ridge Road West, Greece
- Mac 5 Bikes, 37 East Main Street, Webster
- Park Avenue Bike Shop, 2900 Monroe Avenue, Pittsford
- R Community Bikes, 226 Hudson Avenue, Rochester
- Sugar's Bike Shop, 2139 North Union Street, Spencerport
- Towners Bike Shop, 1048 University Avenue, Rochester
- More locations to come...

Individual copies can also be requested by telephone at the number provided below. Electronic copies in portable document format (PDF) may be downloaded [here](#).

Please be aware that road conditions may change and bicyclists must always be aware of vehicular traffic, potholes, and other road hazards.

**Additional information and maps available from:**

**Genesee Transportation Council  
City Place • 50 West Main Street • Suite  
8112**

**Rochester, NY 14614-1227  
Phone: (585) 232-6240  
Fax: (585) 262-3106**

To view and/or download the map in PDF click [here](#).

*Richard DeSarra*

# Announcements

*cycling the erie canal*



## Canal Ride Opportunities

Each summer, Parks & Trails New York invites cyclists from across the country and around the world to New York State for Cycling the Erie Canal and Cycling the Hudson Valley.

These are fully-supported bicycle tours that promote our efforts to expand New York's trail network and advance bicycle tourism. I would really appreciate your help in spreading the word about our rides among members of the Rochester Cycling Club.

Escape for a week this summer and join Parks & Trails New York on a fully-supported bicycle tour:

<http://www.ptny.org/biketourintro>



## Person for Bike Case Rental Needed

Cynthia Cooper has handled the RBC bike case rental. She is moving out of the county so we need someone to handle this job. It involves inventorying the case, getting the signed rental agreement, collecting the rental payment, and insuring the case is returned in good condition.

If you are interested please contact:  
Whitey Link - 585-738-1537  
Or [vhlink@frontiernet.net](mailto:vhlink@frontiernet.net).



## Tour Volunteer Needed

Opportunity – We are looking for ride leaders to help out with a scenic downtown ride as part of the Cycling the Erie Event on July 14th.

Volunteers will lead groups of bike riders from Genesee Valley Park to High Falls along the Genesee Riverway Trail. This is an optional 7.5 mile bicycle tour offered from the Rochester rest stop in Genesee Valley Park for the Cycling the Erie event.

Tours are planned starting at 11:00 am and the last tour departs at 3:00 pm.

If you are interested in volunteering or have any additional questions please contact:

Sara Scott - [Scotts@CityofRochester.Gov](mailto:Scotts@CityofRochester.Gov)  
or 585-820-8860.

# Announcements

## Welcome To Our New Members through May 2014

Carolyn Abrams	Steven Agnello
Mark Assenato	Margaret Assenato
Sally Baumann	Marilyn Boothe
Sarah Borshoff	Michael Burkett
Virginia Cartwright	Jan Crum
Reno Di Domenico	Nikolas Di Domenico
Karen Di Domenico	Matthew Di Domenico
Anna Di Domenico	Geoffrey Fitch
Rory Gumina	Patrick Harper
Shaun Hayes	Kathy Hayes
Brandi Holloway	Cheryl Hurley
Karyn Jetty	Lisa Johnson
Curtis Johnson	Adam Jones
Katie Kemp -Stevens	Dolores Krebs
David Krebs	Terrence Lally
Raquel Laude	Diana Lavery
Tracy Lupinetti	Lillian Marini
Jean McCreary	Maureen McDonald
Lora Means	Paul Micciche
Marjorie Miner	John Myer
Michele Myers	Margaret Nolan
Victoria OBrien	Jim Papazissimos
Patrick W Pardyjak	Catherine Peets
George Pixley	Jaime Porras
Raymond Presicci	Karen Ryan
Jim Scancarello	Bernie Shore
Ann Spargo	Robert St george
Bruce Travis	Paula Travis
Christopher Vereecke	Justin Webb
Donald Wetzler	

## Clinics

After a number of years of Bob Cooper teaching the clubs service clinics, he has moved on and Andy Stewart is taking the mantle. For 2014 we have 5 Clinics on the calendar and 1 bonus Clinic.

### The "Flat Tire Clinic" Offered 7/29; 7 pm-9 pm

This clinic returns with the goal to help members learn how to handle the number one reason to stop your ride, the dreaded flat tire.

This will be a hands on session, attendees may bring in their own bikes, or just a wheel, and any tools/supplies they have. Wheel removal and reinstalling, tire and tube replacement, understanding the common causes of flats and how to avoid them in the future will all be covered.

### "All About Your Bike" (New!) Offered 6/19; 7 pm-9 pm

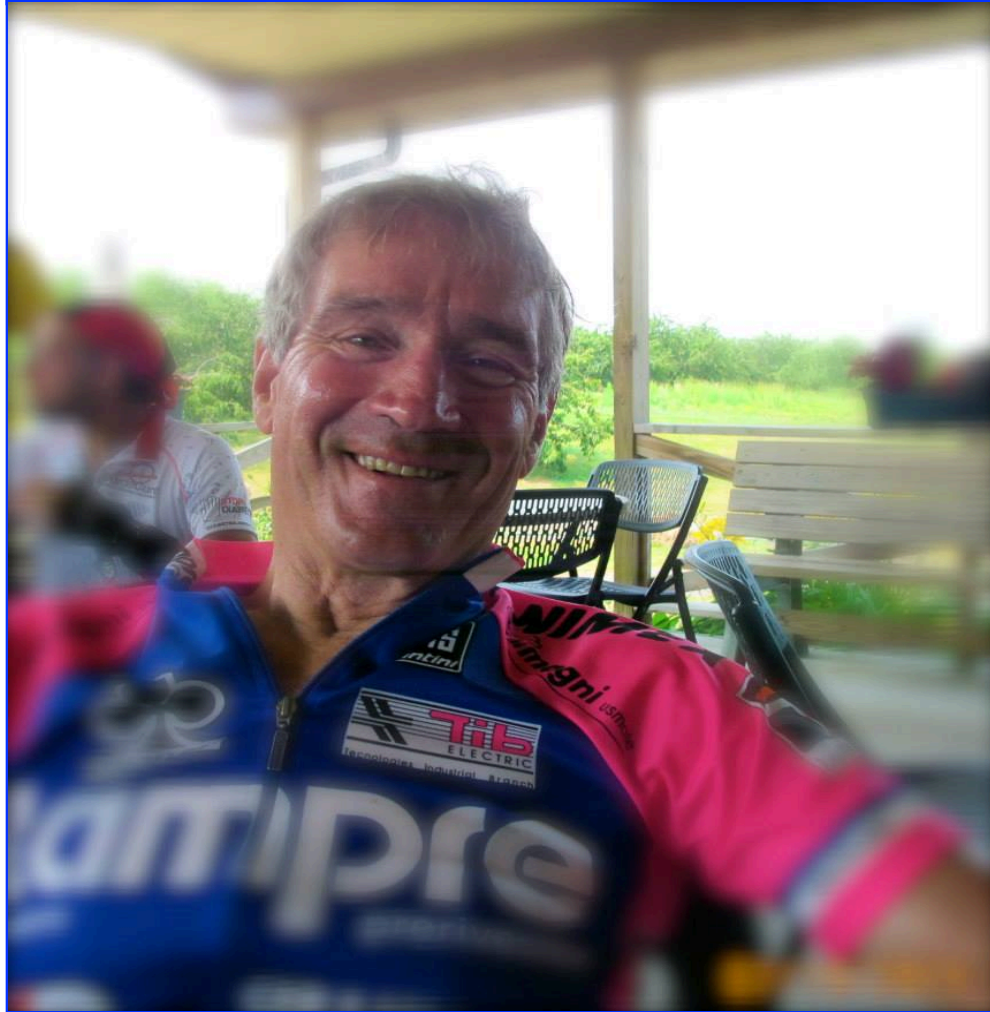
With the increasing complexity of modern bikes we see many riders who don't understand their steeds and how to get the most out of them. We'll try to describe the systems, components and accessories on the many road bikes we ride.

This will likely be a free ranging session and could drift from the outline depending on the attendees. There will be no need to bring a bike, just bring your questions.

Both of these clinics will be held at Christ the Good Shepherd Lutheran Church, at 1000 N Winton Rd. On the scheduled days we start at 7 pm and finish about 9 pm. Andy encourages potential attendees to contact him prior to the clinics for more details.

Andy's email is [onetenth@earthlink.net](mailto:onetenth@earthlink.net)

## A Sad Note



**Jules Kleinhenz**  
**February 15, 1946 - April 24, 2014**



**On Saturday May 3, 2014 over 20 RBC members met at the Pittsford Pub to raise a glass of beer in a toast to our one-of-a-kind fellow rider and beloved friend, Jules Kleinhenz.**

***He will be missed. Rest peacefully Jules***

*Photo by Ginn Lee*

# Ride of Silence Report May 21, 2014



95 cyclists braved potential thunderstorms to gather and honor those who no longer can ride.

The day started with weather forecasts of spotty thunderstorms and showers for most of the day. Many emails and concerns evolved into only a slight sprinkle during our set up at the start. Compared to last year the weather was wonderful, warm and welcome.

There was a mix of returning attendees and first timers, Christina B and Karen M signed in riders and distributed the arm bands. Whitey L and a few others (sorry if I don't know who) directed cars arriving into their parking places. Scott P put his poison ivy aside and managed to still provide Full Moon Vista's PA system. With the large crowd it was very much appreciated.

Attendees listened to Andy's guidelines for a safe and smooth ride then the reason we rode was expressed. We all spoke the names of who we were remembering. Wende C (of Moms in Motion) did a great job of reciting the RoS poem and a few minutes later Paul G started his playing of "Amazing Grace" while we got ready to roll out. We left the start a minute early.

This year as we rode North on Jackson Rd we took the full lane, being the worst pavement on the route. The Zone A sheriff's officer provided our rear guard until we turned east on Plank Rd. From then on the Karwowski Moto Escort of Kevin and Shane took care of the traffic control needs. They are very good at this and it was neat to observe their professionalism at work.

The only SNAFU was created by the event's organizer, myself. Midway along Kennedy Rd I (and by default of being on their tandem, Christina) decided to pull out and let the group pass by. Wes P was sharing the front with them but had not been made known of this possibility. He and his partner took the mantle of leadership, bringing the group back to the finish. But this action did cause a few riders to detour and then return to the group. I admit to feeling guilty while I enjoyed the view of the many in front of us, at times spanning almost a quarter of a mile.

It was this period not thinking about the pace and lead duties that allowed me to do my personal remembering of loved ones lost.

After completing the ride many stayed in the lot for a while. Talking about their honored riders, their gratification of sharing this experience and their hopes to ride with friends soon.

I thank all who helped out and attended this ride. Our club is to be commended in supporting this event, many of our board of directors spent their time and energy helping out. I also welcome comments and suggestions for next year.

*Andy Stewart*

## Andrew Spiller 26th Annual Memorial Picnic & Challenge Ride



### Late July is time for the Andrew Spiller 26th Annual Memorial Picnic & Challenge Ride

Planning for the 26th Memorial Picnic and Challenge Ride on July 19th is coming along with rides this year that provide variety including the two historic loops during the day. This year we will have a Sweep Ride, a Slow & Easy Ride, a night ride and a Mystery, ride being led by our mystery ride leader for ambitious riders. The Mystery ride will be in the 60 mile range.

All RBC rides on July 26 will be out of the Farmington Town Park on the corner of Collett Rd. and County Rd 8 in Farmington. Just drive out Route 96 to Collett Rd and turn left and drive to the Town Park.

The Challenge Ride is a great opportunity for you and some friends to set a goal to ride more miles in one day than you ever have before. We will be at Farmington Town Park by 7 AM and you will have a staffed location to ride out of for 24 hours. Our 25 mile loops will not take you more than about 13 miles from the park. You will be able to join the Mystery Ride to change the pace a bit and then go back to the loops if you wish.

The idea for this great day of riding is to come out to the park ride as many miles as you wish, and then around 2 PM we all gather for a picnic. Your admission to the event is a dish to pass for the picnic. Again this year we will have a gas grill for cooking the meat that you bring with you. Last year we had hots, brats, burgers, chicken and more all brought by our members for their picnic meal.

We will need some volunteers to lead loop rides beginning at specific times. We would like to have loop rides (25 mile loops) with leaders going out at 9:00 AM, 10:30 AM and 12 Noon. You will still be able to do as many loops as you want during the day and evening. You may start your riding anytime during the day if you want. If you would like to lead one these rides please see the chart below. Additionally if you have a ride that you would like to put on during the challenge Ride day, just sign up by letting Bob Lechner know about your ride.

Volunteer Position	Job Details	When/Where Needed	Volunteer Name
Loop Ride Leader	Lead ride from Town Park at 8:30 AM	Farmington Town Park 8:15 AM	1.
Loop Ride Leader	Lead ride from Town Park at 10:00 AM	Farmington Town Park 9:45 AM	1.
Loop Ride Leader	Lead ride from Town Park at 12 Noon	Farmington Town Park 11:45 AM	1.

If you would like to volunteer for any of the above positions, please contact Bob Lechner at 585-746-5626 or email at [boblechner@aol.com](mailto:boblechner@aol.com)

Next month we will have more information about the park location, the complete schedule of events for the day and any other important information concerning this great RBC Event.



# July Lake Placid Ride - Bob Lechner



**In about four weeks Many RBC'ers will be enjoying some of the best bicycling in New York State in Lake Placid! The weekend of July 11 – 13 will be fun and we will have many great rides to choose from!**

This is a wonderful weekend with all types of bike riding, with many different road rides and mountain bike routes. Rides will range from easy, short routes to moderate length rides with some climbing to long routes with 10,000 ft. of climbing. There are Lots and lots of options for riding in the mountains. If you fancy yourself a climber, there is always Whiteface MT to climb; this is a long tough ride with a thrilling decent back town the mountain.

And for those who only want to ride a little there is always hiking, canoeing, and many other adventures in Lake Placid. Oh did I mention the dining, many very good restaurants from the brew pub to a couple five star restaurants and everything in between. And our Social Director, who wishes to remain anonymous, is planning a great Saturday post rides party on the lawn at the motor inn.

Last year a dozen RBC Riders enjoyed a great weekend and got in lots of great riding and we had sun the entire weekend and we explored many different cycling routes. Our home base for the weekend will be Town & Country Motor Inn 2200 Saranac Avenue, Lake Placid, NY 12946. Phone 518-523-9268 or [info@tcmotorinn.com](mailto:info@tcmotorinn.com). Their web site is [www.tcmotorinn.com](http://www.tcmotorinn.com). There may still be rooms available at \$99 per night with a minimum two night stay. Since our weekend will be during the Tour de France, we may be able to prevail on Bogdan, one of the owners to set up his TV in his shop out by the pool to watch the tour after our rides for the days we are there. Anna and Bogdan are great hosts and you will enjoy their hospitality.

This motor inn is very close to the Placid Planet Bike Shop and is within easy walking distance to the center of town.

There are many other lodging options in Lake Placid, just go on line and check all of them out. However the International Horse Show has been extended into the weekend of the 11th thru 13th so accommodations may be tough to get if you wait too long.

Make your reservations NOW and if you have any questions please contact Bob Lechner at [boblechner@aol.com](mailto:boblechner@aol.com).

If you plan on going please let Bob know.

# TOUR DE

DISCOVER  
The Northeast Kingdom of Vermont  
2014 - Up to 14 days of riding

# KINGDOM



[www.tourdekingdom.org](http://www.tourdekingdom.org)

June Tour - Up to five days | June 4 - 8, 2014  
June Double Century Challenge | June 7 - 8, 2014  
September Connecticut River Tour | September 12 - 14, 2014  
September Foliage Tour | September 24 - 28, 2014  
Do it' the Dirt through "The Gut" | October 5, 2014

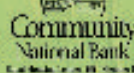
Hosted By:



**KINGDOM GAMES, Inc.**

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NET PROCEEDS SUPPORT NORTH COUNTRY HOSPITAL'S PATIENT CARE INITIATIVE FUND AND THE FOUNDATION CHRISTIAN VACATION

Art & Graphics: [www.solanobutachamp.com](http://www.solanobutachamp.com)

# Sage Ruddy Tour de Cure



The premier cycling event in the Rochester and surrounding regions, the Sage Ruddy Tour de Cure offers a memorable day of cycling and fun through beautiful hills along the outskirts of Monroe County. It also gives the rider the personal satisfaction of completing a challenging ride and doing his part in the fight against diabetes.

Whether you're a casual or avid bicycle rider, we have a route that matches your ability. Our routes are fully supported featuring and bicycle mechanical support along the way... you pedal and we take care of the rest!

When you cross the finish line you will be greeted by cheering volunteers and treated to a hot lunch, Rohrbach tasting garden, massage, music and much more!

**Be part of the diabetes movement joining 2,500 riders raising \$1 million dollars in Rochester to Stop Diabetes!**

**DATE:** Sunday, June 8, 2014

**LOCATION:** Monroe Community College

**ROUTES:** 3 mile Family Fun Ride  
15 mile  
25 mile  
40 mile  
62.5 mile  
100 mile

**FEE:** Discount registration fee offered at the time of registration

**MINIMUM:** \$200 fundraising minimum required to participate

**WEBSITE:** <http://diabetes.org/rochestertour>

For more information on registering or volunteering:

Visit <http://diabetes.org/rochestertour>

Call 585-458-3040 ext 3473

E-mail Kelley Ligozio at [kligozio@diabetes.org](mailto:kligozio@diabetes.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Auburn YMCA  
presents the:

# 2014 Owasco Flyer Cycling Road Race

Emerson Park,  
Auburn NY

Sunday, June 22

Race starts at 9am



The annual 36 mile "citizens" cycling road race around beautiful Owasco Lake is a popular race, not only for serious, elite cyclists, but also for less competitive riders as well. Our goal is to promote cycling in a healthy manner and have fun doing it. The Y does not turn anyone away from programs due to an inability to pay, and 100% of the race proceeds benefit Y youth programs.

For more information visit, [www.owascoflyer.com](http://www.owascoflyer.com) or call the Auburn YMCA at 253-5304.

## Our Sponsors



# Equitrails



## EquiTrails: A “Ride, Run, Stroll & Roll” to Benefit the EquiCenter on June 22, 2014

The EquiCenter is a therapeutic equestrian center where horses help heal body, mind and spirit. The multi-dimensional movement of the horse re-creates the human gait more effectively than any other means of physical therapy, helping riders to improve muscle tone, balance, posture and coordination. Horses are also dynamic, sensitive animals that communicate through the subtle use of body language. They respond to emotional situations giving immediate, honest feedback without judgment. Ask anyone who has been to the EquiCenter about why horses provide the perfect therapy for individuals with special needs and they’ll tell you: horses are healers.



*“It’s almost a miracle. No, that’s not right. If you knew how far Justin’s come from riding at the EquiCenter, it IS a miracle.”*

*-Julie Prescutti, mother of rider Justin, pictured left with horse, Rayne*

You can also make “miracles” happen for children and adults like Justin. Mark your calendar for Sunday, June 22 and gather your friends and family to participate in the First Annual EquiTrails.

Presented by Midtown Athletic Club, EquiTrails is a fundraising and awareness building event that will inspire the greater Rochester community to get up, get out, and get active. As a participant in EquiTrails, you can sign up for the following activities:

- 25-mile bike ride
- Family-friendly bike ride utilizing primarily the Lehigh Valley Trail
- 2-4 mile cross-country trail run on EquiCenter ‘s 200 acres
- 1-mile wheelchair - accessible walk and roll

Whether participating in the cross-country run on EquiCenter property, family-friendly bike ride on the Lehigh Valley Trail, or watching EquiCenter students ride at the horse show, EquiTrails participants will be supporting EquiCenter’s mission to foster the personal growth of individuals with disabilities, at-risk youth, Veterans and their families.

Sponsorship opportunities are still available; please email [cdelmonte@equicenterny.org](mailto:cdelmonte@equicenterny.org) to learn more. Event details and registration can be found at [www.equicenterny.org](http://www.equicenterny.org). See you there!

# 5th Annual LDA Finger Lakes Cycle Classic Road Race & Tour

*"Helping Students Stay on Course"*

**MARK YOUR CALENDAR:**

**Sunday, June 29, 2014**

**Hunt Hollow Ski Club**

**\$40 adult/\$25 Youth 17 and under**

Both experienced competitive cyclists and recreational cyclists will enjoy cycling around Honeoye Lake and the beautiful surrounding countryside over gently rolling hills. This event offers a **"challenging course, well organized and well supported event."**



## **Experienced competitive cyclists, at least 15 years of age**

- 36-mile road race
- \$1,000 in prizes for top men, women, youth
- Controlled rolling start
- Computer chip timing

**Team Competition** -Minimum of three cyclists per team & no maximum number -Winner determined by total time for top three riders -Team cash prize (TBD)

**Recreational cyclists** -36-mile tour or 22-mile tour -Computer chip timing

**All participants receive** -FREE Official Cycle Classic Shirt (while supplies last) -Beverages and snacks at registration and along course -Lunch at Hunt Hollow Ski Club from 11:30 a.m. through 1:00 p.m. -Chance to win one of many door prizes.

**Event Policies** -"Citizens" road race, no license needed -Aero-bars not allowed -Race will run regardless of weather (thunderstorm may delay start) -Walk-up registration available on day of event for \$45 adult/\$30 youth -Youth under 13 must be accompanied by an adult.

## **Event Schedule**

- 8:00 AM Registration opens
- 9:15 AM Pre-Race Rules Announcement
- 9:30 AM Race Begins
- 9:35 AM Tour Begins
- 11:30 AM Lunch and Prizes

**To register by mail:** Click [here](#) to download our Cycle Classic Registration Form (pdf)

Complete form and mail with payment to: LDA Life and Learning Services 1650 South Avenue, Suite 200 Rochester, NY 14620

**Or call:** 263-3323 to register by phone

**Or register online at:** [bikereg.com](http://bikereg.com)

*All proceeds benefit LDA Life and Learning Services, a not-for-profit agency helping children and young adults who need support to succeed in school or employment.*

# Tour de Keuka



**July 13, 2014**

**Join us for the 2014 JDRF Tour De Keuka and play your part to cure diabetes. Don't miss out on the regions premier cycling event on July 13th 2014 around scenic Keuka Lake!**

The Tour de Keuka is a charity bike ride benefiting JDRF. The ride begins in Hammondsport NY, the “Coolest Small Town in America” and heart of New York State Wine Country. There is something for everyone with 12, 45, 55 and 100 mile distances, hills, and flat scenic stretches around the Keuka Lake region, the Jewel of the Finger Lakes. All donations go to JDRF for research to cure diabetes.

The day begins with registration and an opportunity to fuel up with breakfast provided by Tops. There are two departure times 7:30 and 10:00, with registration preceding each by at least an hour. On the course you will find white Tour De Keuka signs clearly marking each turn and a few in between to assure you're on the right road. Support vehicles with yellow Tour De Keuka flags carry all the equipment you need provided by Kingsbury Cyclery. They will help you with flats and minor repairs. The volunteers at the rest stops every 20 miles will cheerfully keep you fed and hydrated. At the end of your journey enjoy a complete dinner offered by Corning Catering.

## **Cost**

- Online and early paper registration: **\$10**
- Day of event registration: **\$15**
- Minimum total donations to ride: **\$100**
- **\$200** gets you a Tour de Keuka tech-tee
- **\$300** gets you our coveted Tour de Keuka custom Hincapie Sport Jersey

Team registration is available!

Invite your friends and family to ride for your team! Team members can ride the same route or choose from any of the 4 options.

## **Starting Point**

Hammondsport Fire Department  
8521 State Route 54  
Hammondsport, NY

**Contact Tina Kurzepa at [KKurzepa@jdrf.org](mailto:KKurzepa@jdrf.org) or 315-559-2063 for more information.**

**Visit our Website [www.tourdekeuka.com](http://www.tourdekeuka.com) for registration information**



Central Adirondack Mountain Bike Association



# JOIN CAMBA!

There is a new local mountain bike club, Central Adirondack Mountain Bike Association (CAMBA), a chapter of the International Mountain Bike Association (IMBA). You can now become a member of CAMBA by going to [imba.com](http://imba.com). With your membership, you get a dual membership to CAMBA and IMBA.

CAMBA's goal is to create, enhance and preserve great trail experiences and continually improve mountain biking opportunities in the Central Adirondack region through trail advocacy and development, group rides and other membership events.

### What members can expect when they join CAMBA:

- \* **Trail Advocacy:** CAMBA will work with DEC, APA, and local governments to create, enhance and preserve great trail experiences and continually improve mountain biking opportunities. Your membership will give CAMBA a stronger voice.
- \* **Trail Maintenance and Building:** Throughout the year CAMBA will coordinate trail maintenance and construction to improve the experience on our area trails and expand mountain biking opportunities.
- \* **Events:** Participate in CAMBA events to have fun or volunteer to help out. All for a good cause - to help raise awareness of our great trails and community - and to raise funds for trail projects.
- \* **Group Rides:** Explore our trails on CAMBA group rides.
- \* **Clinics:** Looking to learn a little more about bike maintenance, changing a flat, or maybe you want to improve your riding skills? Come to one of our clinics to learn more about your bike.
- \* **Club Meetings:** Come to CAMBA club meetings, make your voice heard and get involved! Not able to make it to our meetings? We'll keep you informed through our web presence.
- \* **Social Events:** Come to a CAMBA social event that may not be as much about riding and trails as it is about having fun, making new friends and chatting about mutual interests.

To be put on the email list for up to date information contact:

Ted Christodaro at (315) 357-3281

or [info@pedalsandpetals.com](mailto:info@pedalsandpetals.com).

Join CAMBA at [IMBA.com](http://IMBA.com)

Want to make a donation to CAMBA:

Send to CAMBA P.O. Box 390 Inlet, NY 13360.

Like us on facebook "[CAMBAtrailsadk](https://www.facebook.com/CAMBAtrailsadk)".

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# GREATER ROCHESTER EATING AND TANDEM SOCIETY (G.R.E.A.T.S.)



**Do you own a tandem and are  
looking for other teams to ride with?**

The G.R.E.A.T. Society is comprised of a group of tandem enthusiasts in the greater Rochester, N.Y. area.

Our mission is to announce and/or provide opportunities for Captains and Stokers to get together for rides and events that are social in nature and that typically involve another favorite pastime of cyclists - the enjoyment of food!

For more information about G.R.E.A.T.S.

Call Mike Barber: (585) 507-7829

or go to: [www.greatstandem.com](http://www.greatstandem.com)

# Board Meeting Minutes - Bill Crowe



**April 8, 2014**

Present: Whitey Link, Mark Robbins, Richard DeSarra, Brad Jensen, Dave Natrop, Bob Lechner, Cindy Fleischer, Andy Stewart, Dale Vanocker, Elaine Mizzoni, Bill Crowe, Sara Ture, Bill Ture, Mike Harris

The meeting called to order at 7:00 PM by President Whitey Link.

Approval of minutes for the March 11, 2014 Board Meeting: The meeting minutes were approved with no changes.

## **Committee Reports:**

**Memberships:** Cindy reported that in 2014 to date, there have been 182 family and 302 individual memberships paid. From these memberships, we have received \$1613 in new memberships and \$7240 in renewals for a total of \$8853. This compares to \$7088 received in the same time period last year.

Also, so far 56 people have signed up for the Open House event on April 24th.

**Member at Large Bob Lechner:** The picnic pavilion for the Challenge Ride is paid for. Bob is looking for ideas to attract more members to this year's event. The Lake Placid weekend is also all set. Bob is writing an article about this event for the next newsletter.

Bob stated the need to purchase more copies of the *Street Smarts* book which is mailed to new members. A motion was made and passed to purchase a case of the booklets.

**Advocacy:** Richard reported that the Rochester Cycling Alliance Facebook page will soon have Bike Week activities posted. He will also post a link to these events on the Club web site.

Bicycle master plans are started in Perinton and Chili. Greece's plan is nearly finished and Henrietta plans to start one next year.

*Continued on the next page >>>*

# Board Meeting Minutes - Bill Crowe

RIT has started a bicycle library where bikes can be borrowed for a time period. Approximately 20 bikes are available. The plan is to evolve this into a much larger scale bike share program.

**Member at Large Elaine Mizzoni:** Rather than give a report, Elaine was presented by President Whitey Link with her 2013 One Thousand Miles Award as well as a certificate naming her Best New Rider for 2013. Congratulations, Elaine!

**Newsletter:** Editor Dale Vanocker promised the April newsletter would be finished before the deadline.

**Treasurer's Report:** Dave reported a current checking account balance is \$11058.79. The Morgan Stanley account balance as of December 31 is \$20710.63. Primary expenditure for the past month was for the web site (\$1080). Significant income in the last month is from membership dues (\$1020).

**Member at Large Andy Stewart:** The Ride of Silence permit from the Town of Penfield will be submitted on April 9th. The motorcycle escort service is confirmed. With help from Brian Managan, the event poster is complete. Andy asked for and received help from board members in distributing posters to all the local bike shops. Andy authored a press release and gave it to Publicity Chair Mark Robbins for distribution. Emails are being sent to last year's riders and VIPS who attended. The national ROS web site (<http://www.rideofsilence.org/main.php>) has jerseys, caps and socks for sale. Volunteers are needed for the evening of the event. Finally, Andy plans to reach out to the Moms In Motion group many of whom attended last year's event.

**Rides:** Sara and Bill reminded all that the Ride Leaders Meeting is happening on Tuesday April 22 at the Henrietta Library.

They are working on formulating a policy in regard to cancellation of scheduled rides and plan to present that at the May board meeting.

Election Night was proposed to be held on Friday November 7 at Kings Bend Park. Whitey, being a Pittsford town resident, will make the lodge reservation.

**Website:** Brad asked for content on the Challenge Ride, Lake Placid weekend and the Ride of Silence. He mentioned the new Membership Card app which allows someone other than the primary family member to print a card.

A new Ride Leader page has been added.

Wild Apricot, the web site host, is doing a major upgrade. Club members should not notice any significant changes.

There was a problem with the start location of a recent ride on the web site. Onno has said he will look into the problem.

On non-web site matters, the Adopt-a-Highway event was cancelled due to bad weather. Brad and a

*Continued on the next page >>>*

# Board Meeting Minutes - Bill Crowe

few others did a partial cleanup on another day but more still needs to be done. He asked that those interested in helping contact him.

On another non web-site matter, Brad had an authorization document from Morgan Stanley which several Club officers need to sign after the meeting. This did occur.

**Jerseys:** Mark reported sale of one new jersey during the past month (at Awards Dinner).

**Publicity:** Mark reported that City Newspaper will publish the Club ride schedule every week starting next week. Also, an ad for the Open House event will appear in the Messenger Post newspapers on April 9.

The Club will have a presence at the Spokes & Ink event on June 7th.

**Old Business:** None

**New Business:**

**Advertising:** It was proposed that the web site allow advertisers to purchase newsletter ads via PayPal. Brad will look into the technical effort to implement this.

**Meeting Dates:** Whitey proposed a set of board meeting dates for the remainder of the year. Each date is the 2nd Tuesday of the month. The list was agreed to.

**Church Payments:** Whitey asked that we resolve what payments should be made to the Christ the Good Shepherd Church for the remainder of 2014. Since we are no longer holding board meetings at the church, it was agreed to donate \$125 total for the five clinics the Club will be holding there the remainder of the year. For 2015, the plan is to hold the Awards banquet there as well as any clinics. Whitey will communicate our decision to the church administrator in person.

**Open House:** Brad asked that presenters send him any PowerPoint slides they would like to use so that he can make copies.

**Backup Rider List:** Brad asked that board members consider adding their names to this list as there are very few entries at the moment. The hope is that the presence of more names will encourage more Club members to sign up as well.

**Next Meeting:** The next board meeting will be held at 7PM on May 13, 2014 at the Brookside School in Brighton.

Meeting was adjourned at 8:15.

Minutes submitted by Bill Crowe, Secretary

# Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to [RochesterBicyclingClub.org](http://RochesterBicyclingClub.org) and click on "Members Area, Forums, Classified Ads."

## Bicycle Cases for Rent to Club Members

Going on a bicycle tour and you need to ship your bicycle via air, water or ground transportation safely?



The club has cases for rent to our members at \$2.50 per day.

These are hard cases to protect your bicycle from damage.

Details on our rental agreement are on your club's CD.

To rent the cases contact Cynthia Cooper, 359-1424

[ccooper@rochester.rr.com](mailto:ccooper@rochester.rr.com)

## CANNONDALE SYNAPSE CARBON \$1500

Frame	Synapse Carbon
Fork	Synapse S.A. V.E. Ultra Carbon
Frame size	58cm
Rims (NEW)	Shimano Ultegra 6700 Tubeless
Tires (NEW)	Hutchison Fusion Tubeless
Front/Rear Derailures	Shimano Ultegra 6700
Brakes	Shimano Ultegra 6700
Brake/Shift Levers	Shimano Ultegra 6700
Cables	GORE Ride On Professional
Crank	Shimano Ultegra 6700 Compact 50/34
Rear Cassete	Shimano Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition, Pedals not included

Call:  
585 202-9763



## Jersey For Sale

Brand new, never been worn.

<http://www.water.org> jersey (still has the tags on it).

The jersey and packaging say XL, but it is really a small-medium by my measurements.

It has a full front zip and of course, three rear pockets.

I paid over \$100 for it, but would like to recoup some of my loses.

A nice vibrant jersey.

\$70/OBO

Call or e-mail me with any questions:

Michael Friedland

585-202-0053

[mfriedl1@rochester.rr.com](mailto:mfriedl1@rochester.rr.com)



Jersey Front



Jersey Back

## FOR SALE:

1999 Schwinn Paramount, 56cm. Hand built by Curt Goodrich <http://www.curtgoodrich.com> with Reynolds 853 steel tubing. It's the 463rd of about 750 bikes that Curt built. Components are a mix of Dura-Ace and Ultegra. A truly fantastic ride. Can be seen and ridden at Mendon Cyclesmith.

Contact for questions is David Snyder, 943-4050.  
[doorknob@rochester.rr.com](mailto:doorknob@rochester.rr.com) Asking \$1,100 / OBO

# Want Ads

## For Sale

### **Cannondale R1000 -Low miles**

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Crank (triple)
- > Ksyrium Elite Wheels
- > Carbon Fiber Seat Stem
- > Carbon Fiber Pedals (included)
- > SLK titanium Seat
- > Shimano Wireless Speedo
- > @17 lbs.

**\$1400 or best offer**

**Dale Vanocker 227-7218 - [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)**



## EVO Fitness Bike

This is an indoor bike that mimics a Road Bike.

You can work out with your bike shoes or sneakers and the bike sways back and forth or you can keep the handle bars stable.



Used a half dozen times max.

It is in mint condition.

Bought at Rochester Fitness Equipment for \$1,600.

Am asking a discounted \$1,200 for essentially a brand new item.

If interested please contact:

Julie Raschella

[jraschel@rochester.rr.com](mailto:jraschel@rochester.rr.com)

585-329-5095 – cell

## Your Paid Ad Here!

***The Flower City Cyclist accepts paid ads and preprinted inserts.***

Paid ads will run for one issue.

Copy in Word, RTF or PDF format and payment are due on the 15th of the month preceding the intended Newsletter.

Rates are:

1/4 Page \$10.00

1/2 Page \$15.00

Full Page \$25.00

Contact: [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# Want Ads



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TUES.-THURS. 10:00AM-7:00PM · SUN. 12:00PM-3:00PM  
[www.rochesterfitnessequipment.com](http://www.rochesterfitnessequipment.com)

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1/4 Page	\$10.00
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Full Page	\$25.00

Contact: [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# 2014 Board of Directors

*Red Titles are Voting Members - Blue Titles are non-Voting Members*

## **Officers: (Voting)**

### **President**

Whitey Link  
248-3207  
[vhlink@frontiernet.net](mailto:vhlink@frontiernet.net)

### **Vice President**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Secretary**

Bill Crowe  
319-0752  
[wdcrowe50@yahoo.com](mailto:wdcrowe50@yahoo.com)

### **Treasurer**

Dave Natrop  
889-1368  
[dnatrop@gmail.com](mailto:dnatrop@gmail.com)

## **Directors: (Voting)**

### **Education**

Scott Wagner  
880-7643  
[srwagner@frontiernet.net](mailto:srwagner@frontiernet.net)

### **Maps**

Ginn Lee  
381-0579  
[rbcmaps@gmail.com](mailto:rbcmaps@gmail.com)

### **Membership**

Cindy Fleischer  
924-8585  
[RBCMmembership@gmail.com](mailto:RBCMmembership@gmail.com)

### **Newsletter Editor**

Dale Vanocker  
227-7218  
[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

### **Publicity**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Rides**

Bill & Sara Ture  
227-1149  
[rbcridesfun@gmail.com](mailto:rbcridesfun@gmail.com)

## **Directors: (Voting, continued)**

### **Immediate Past President**

Brad Jensen  
872-4468  
[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

## **Members-at-Large: (Voting)**

Bob Lechner  
657-7326  
[BobLechner@aol.com](mailto:BobLechner@aol.com)

Andy Stewart  
654-7788  
[onetenth@frontiernet.net](mailto:onetenth@frontiernet.net)

Elaine Mizzoni  
755-6080  
[ebmizzi@aol.com](mailto:ebmizzi@aol.com)

Mike Harris  
770-8258  
[mlharris1969@gmail.com](mailto:mlharris1969@gmail.com)

## **Coordinators: (non-voting)**

### **Adopt-A-Highway**

Hank Walck  
217-9450  
[hwalck@rochester.rr.com](mailto:hwalck@rochester.rr.com)

### **Awards**

Whitey Link  
248-3207  
[vhlink@frontiernet.net](mailto:vhlink@frontiernet.net)

### **CD Publisher**

Brad Jensen  
872-4468  
[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

### **Impromptu Rides**

Pamm Ferguson  
737-2887  
[justpef@gmail.com](mailto:justpef@gmail.com)

### **Road Advocacy**

Richard DeSarra  
461-5363  
[rdscomm@rochester.rr.com](mailto:rdscomm@rochester.rr.com)

### **Trail Advocacy**

Richard DeSarra (as above)  
Steve Wowkowych  
338-3629  
[steven.wowkowych@gmch.com](mailto:steven.wowkowych@gmch.com)

## **Coordinators: (continued)**

(info as of Jan 1, 2014)

### **Slow & Easy**

Mike Stanton  
330-2371  
[michael.stanton@xerox.com](mailto:michael.stanton@xerox.com)

### **Social Rides**

Mike Barber  
507-7829  
[bikerochester@rochester.rr.com](mailto:bikerochester@rochester.rr.com)

### **Sweep Rides**

Andrew Henke  
797-5641  
[ahenke1@yahoo.com](mailto:ahenke1@yahoo.com)

### **Web Site**

Brad Jensen  
872-4468  
[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

### **Bike Cases**

Cynthia Cooper  
359-1424  
[ccooper@rochester.rr.com](mailto:ccooper@rochester.rr.com)

### **Winter Meeting**

Brian Managan  
654-9624  
[thelongroad@rochester.rr.com](mailto:thelongroad@rochester.rr.com)

## **Board Appointed Positions: (non-voting)**

### **Librarian**

Hank Walck  
217-9450  
[hwalck@rochester.rr.com](mailto:hwalck@rochester.rr.com)

### **LAB Touring**

Ride information  
Club Representative  
Todd Calvin  
314-7432  
[tc Calvin001@hotmail.com](mailto:tc Calvin001@hotmail.com)

### **Legal**

Mark Bezinque  
Times Square Building  
45 Exchange Blvd., Suite 1000  
Rochester, New York 14614  
(585) 325-5110  
[mark@bezinque.com](mailto:mark@bezinque.com)