



Flower City Cyclist

We're Off and Riding!

The spring banquet kicked off the beginning of yet another riding season and even the weather cooperated. About 15 bikers showed up for the ride. Dick and I set up the tables for what little collating there was and I had a variety of tasks for those who didn't want to collate. There were stamps to put on envelopes (more if I hadn't have left all the 34 cent stamps home!), membership cards to stamp with expiration dates, calendars to fold to fit in the envelopes and last but not least phone numbers to change on 20 applications.

Thanks to all the folks who spent the afternoon changing the number! We got them all done just in time for dinner. Next year should not be as confusing since we will be starting anew with the mapset packets rather than trying to use up old ones.

Back to the banquet we a lot of new faces for the collating and about 50 people for dinner. There was a great selection of food, so I doubt if anyone went away hungry. Mark sold 7 jerseys maybe it was the fact that are only \$25 each now, ... and there are still some left.

(And we've just reduced the price to a measly 10 Bucks!! - ed.)

Speaking of jerseys, we also had a couple new jersey designs to vote on. Thanks to Tim Guenther and Susan Hojnaki for their

submissions. Chris McGoldrick also submitted a preliminary design, but unfortunately he didn't get the revisions finished in time for the final vote. Thanks to everybody! They each get a volunteer point for their submissions. The winning jersey design was from Tim, so in addition, he will receive a free jersey when they are available. Congratulations! I should mention that Susan's design received a respectable showing, so although Tim was well ahead, Susan picked up a fair share of the votes. I should also mention that the art students from 7th and 8th grade at



Newark BOCES submitted some preliminary designs as well. Thanks to them and Nancy Rol for suggesting them.

Now to the awards. The awards chair was in Florida Hope they had a good time! In Stephen's absence, Dick gave out the awards. There were the usual time trial awards, with the Kriesen family running off with 3 of them. Also of note, was Rashid Sadki (age 13) with a very respectable time. Dick at age 70 said he turned in th

same time this year, and Dick is no slouch when it comes to time trials! Keep up the good work Rashid! Maybe we will see you at the Olympics in 4 years!

The children's awards for the challenge ride went to I Dusel (age 3), Alec and Eric Linder (age 5 and 2 respectively) each doing 25 miles, and Peter Newman (age 7) riding 50 miles. The adult with the personal best at the challenge ride was Bob Cooper



with 155 miles. Wonder how many miles he will do this year, as we hear he is interested in ultramarathoning!

The hardest working substitute ride leader was Dale VanOcker, seems everyone calls him to lead a ride they can't make. Beside leading his own rides, he led 6 as a substitute for a total of 14 rides. Dale also got a humorous award. Seems he has a habit of leaving his water bottles at board meetings and various other activities, so Dick fashioned a leash for him to attach to the bottle so he

wouldn't lose it next time.

The most active ride leaders (other than board members) were Bob and Christine Thompson leading 8 rides. thanks!

Steve Lee received the humorous award of club domestique. On a beautiful ride in Honeoye, Dan M had a flat tire early in the ride, Steve stopped to help him fix it, then helped him catch up to the pack. The same ride, he stayed behind and helped Kathy M rejoin the pack when she appeared at the rest stop just as everyone else was leaving.

The most improved female rider went to Kathy Buonocorso for the second year in a row and to Don Ciccone as the most improved male. Can Kathy do 3 in a row? not fair on the back of a tandem!

New inductees to the 1000 mile club this year are Steve Reigel, Gary Schwenck, Dave Dilliplane and Bill Maniscalco. Great work, considering Dr Bill's injury in the fall the year before and spending all winter recovering. Looks like he is in top form again. Congratulations!

Gary Schwenck got a humorous award for having the most flats on one ride (7) I'm sure he didn't think it was very funny.... we gave him a box of bandaids!

Mike Giusti received an award

for the most number of rides under 1000 miles ... He rode 814 miles, and still didn't break 1000 miles ... that's a lot of rides!

Best new riders award went to Gary Schwenk, Dave Dilliplane and Christina Bater. Keep up the good work. These folks started out doing short, slower rides and by the end of the season were riding longer, harder and faster. Don't despair, it can be done ... I at it! Except for a select few, we all were there once.

We also welcome this year, life members Hank and Carol Walck, Elizabeth Gruner and Ruth and Rich Morrill. These folks have not only been in club for many years, but have also been very active if not currently, then many years ago. Now that they reached that golden age of 65, they are automatically renewed as club members. Hope to keep seeing them on the road.

Although he has been better this year, it seems Ian Bares is notorious for showing up late at ride starts, so he got a humorous award of a riding crop. The missing stone saddle has been found and will spend a year with Michelle Dulieu before moving on to the next person.

Most road miles went to

continued - page 3

who else, but Monica Guenther (2800+ miles) and Brad Jensen (3000+ miles) How about someone trying to upset them this year? I'm sure they wouldn't mind the competition.

Last but not least, the two highest awards, the Hall of Fame award for continued service to the RBC and community over the course of many years went to Mike Brisson, while the George Rennie award for exemplary service to the club over the last one-two years went to Hank Walck. There was no recipient for the Waldo Nielsen award (mountain bike activity) this year.

Congratulations to everyone!



Dick Burns (left) presents the George Rennie Award to Hank Walck



BIKEFEST '02

AUGUST 2-4, 2002 AMHERST, MASS.
Anyone care to RIDE there from Rochester?
Contact Brian & Karen for details!
Info: <http://www.bikeleague.org/events/index.html>

Challenge Ride!

This year's Challenge ride will be held on Saturday, July 20 at the Farmington Town Park. As in previous years, we will start at 7am on Saturday and finish up at 7am Sunday giving everybody a chance to ride as much or as little as they want. This is also a picnic (bring a dish to pass). More details in the next newsletter. This will be my last year organizing it (I know I said that last year) but this time I mean it. If anyone is interested in running the event next year (either daytime or 24 hours), please let me know. Over the years, I have put together a list of what is needed, so it is pretty simple. As long as you have everything on the list, you have everything you need.

We also need some volunteers to help with the night time portion of the event this year. If anyone is interested in helping out at night or even part of it, again - please let me know. Since staying up all night is not easy, anyone who helps with the night portion of the event will receive TWO volunteer points, which automatically gets you a free volunteer dinner in October.

For info, contact me at 872-1751 or kmanagan@rochester.rr.com.

-Karen

Weekday Riding Anyone?

Are you retired or can you play hooky once in awhile to go riding during the day on weekdays? If so, please let me know. Several of us try to get together when weather is nice on Tues, Wed, or Thurs to do rides in the 30-60 mile range at a leisurely pace. Often times, we'll do club rides we couldn't do with the club or ones not scheduled this year. We usually keep in touch by email, but telephones can be used in a pi jv@hamtronics.com, 392-6678. - Jerry Vogt

Time Trials Start May 7th, 6:15 PM!

Again this year we will be running Time Trials from the fireplug east of Holt Road in Webster Park out Lake Road to the Ontario on the Lake road, precisely 5 miles away, and then precisely 5 miles back. (It seems longer, but it isn't.)

Why? It's a great incentive to get into better shape, and you can track your progress quite accurately. For instance, my best time back in the 70's was almost 3 minutes faster than last summer's best time, so I've lost 10% over the last 30 years! Oops, that's regress, isn't it! Oh well.

I'll take your start & finish times and attempt to subtract the former from the latter, and keep the results, so you can track your progress, and after the ride there's an informal excuse exchange and Q&A session on technique and other topics of interest. I learned something last summer about how to pedal I'd never understood!

This isn't just an activity for the would - be racers in the club. The better shape you're in, the more rides you can do, and the more you will enjoy the rides you do. Give it a try - it feels great when you stop!

- Dick Burns

2002 Greenway Rides With Richard DeSarra

Sunday June 9 and August 25 starting at Canawaugus Park in Scottsville at 9:00AM. - 16 miles. Contact Richard at 266-6088 or email ddesarra@rochester.rr.com

The Ride for Missing Children

May 31, 2002 will mark the second annual Ride for Missing Children in Rochester, sponsored by the National Center for Missing and Exploited Children/NY Branch (NCMEC/NY).

Area bicycle riders or "Friends of Missing Children" will loop 100 miles around Monroe County escorted by the New York State Police in honor of National Missing Children's Day. Along the route, the "Friends of Missing Children" will stop at five area schools to greet children while NCMEC/NY staff provide child safety education programs.

The Ride for Missing Children is open to the public. Both Riders and volunteers are needed. For more information contact NCMEC/NY at 585-242-0900.

ALA Autumn Adventure

On the weekend of September 14-15, 2002, the American Lung Association is wheeling out an Autumn Adventure Bike Trek. It will start in Warrensburg, passing scenic lakes and rivers of the Adirondacks to beautiful Lake George. This trek is for all levels and allows participants to ride at their own pace one or two days over a 40 or 60-mile route each day. Participants will receive:

- Free overnight hotel accommodations for two-day trekkers
- Breakfast, dinner, and refreshments en route
- Mobile bike shop for emergency repair
- Road support (maps, itinerary, and gear wagon)
- Souvenir T-shirt and incentive prizes

Details:

Make new friends or team up. Teams of three or more bikers will receive \$5 off each participant's registration fee. All participants are required to turn in minimum pledges of \$75 for one-day riders and \$150 for two-day riders. The registration fee is \$20 for one day and \$30 for two days per person and is not refundable. Helmets are required and an adult over 21 years must accompany participants under the age of 18. Won't you join us~just for the health of it? For more information call us at 1-800-LUNG-USA ext.329.

RBC Bicycle
Maintenance / Repair Workshop
June 22, 2002, 1:00PM Webster Park

This year we will have the bicycle maintenance/repair workshop in Webster Park. We will be in a shelter across from the parking lot where Holt Rd. meets Lake Rd.

Why learn bicycle maintenance or repair? If you have a flat tire in your car you can call a garage to help you (or the AAA if you are a member). That kind of service is not available when you are on a bike. And flat tires are much more common on a bike. The flat tire on easy for most people to fix themselves, as are many other repair and maintenance procedures. The workshop will help you start to learn to take care of your own bike.

A variety of topics will be covered in the workshop. Everything from how to fix a flat to lubricating bearings. Following is a list of topics that may be covered: Bike set-up for you (proper position of bars and saddle), Helmet fit, Fix a flat, Replace break pads, Adjusting Breaks, Adjust front and rear Derailleur, Replace chain, Lubricate chain, Replacing break and derailleur cables, Lubricate and adjust bearings (wheel, headset, bottom bracket), Emergency truing for a broken spoke.

We ask participants to bring their bikes and tools to the workshop. If you don't know what tools you will need, we suggest you bring flat and Philips head screwdrivers, wrenches (most bikes use metric sizes), tire irons, and a patch kit. You can see how to use the tools on your own bike and learn about some of the special bike tools. If you don't have the tools you will learn what they are for and be able to decide if you should get one.

The workshop was very successful last year, and I expect it to be better this year. There is a ride that starts in Webster Park at 10:00. You can ride that before the workshop or take a ride after the workshop.

- Bary Siegel RBC - Education Chair

RBC Classifieds

Your Guide to bicycle and other items for sale by other club members. To submit a listing send email to: rbcnews@rochester.rr.com or mail to: RBC newsletter, PO Box 10100, Rochester, NY 14610. Listings are free to club members for personal items.

Fast Bike for sale!!!! Terbo Airconquest tri bike, custom frame for petite triathlete, excellent condition, some Dura Ace, Ultegra drive train, 8 speed rear, SPD pedals and computer included. \$950, call Annette 377- 9784 I can e- mail photo annette509@yahoo.com

For Sale: 1999 GT ZR 4000 road bike. 50 cm frame size. Almost new tires (approx 700 mi.). Clipless pedals modified with toe straps. Cat Eye computer included. \$500 or best offer. Contact: Don Yeager, 889-9404 or e- mail at: trek1220@juno.com

For sale, 59cm Klein Quantum frame set. Comes with Stronglight A-9 headset and Klein bottom bracket. Never crashed. \$400.00 or best offer. Contact Steve at 338-3934 and leave message.

For sale. Weider 10 station multi-gym. Barely used. I will help disassemble it. \$250.00 or best offer. Contact Steve at 338-3934 and leave a message.

JERSEYS ARE ON SALE - \$10 !!!!

The RBC has announced that all remaining jerseys are on sale for \$10 each. This is a great deal for a jersey with three DEEP rear pockets and a LONG front zipper! Sizes that remain are Men's Large, Medium and Small, Women's Medium and Small. The smaller sizes could fit a child or teen. No tax or shipping! Makes a Great Gift!! Call Mark Frank to order - 544-1039.

For All Your Cycling Needs

RV&E Bike and Skate is the place to be.

20% OFF New Bicycles

30% OFF Parts & Accessories

Half Price Bicycle Tune-ups Only \$24.75



40 N. Main Street Fairport, NY

585-388-1350

www.rvebike.com

Must Present RBC membership card or this flyer to receive discounts. Prior sales excluded and can not be combined with any other offers.

Kudos

To Dick Burns, David Lamb, Bary Siegel, Scott Ladin, and Abby Kennedy for helping out at the WXXI pledge drive. We had a couple of very busy breaks and wound up raising almost \$4800 for the station ... not bad for 4 hours!

And Kudos to Jeff Faust for hosting the club library for so many years, and to Hank and Carol Walck who have volunteered to house it for awhile. Check the newsletter for the new location if you are interested in perusing any of the materials collected over the years.

Big Kudos

To Stephen Cometa for his service as awards chair for the last several years. He is giving up the helm, so

More Kudos to Mike Brisson has who graciously offered to step up to the plate. Some of the awards like who has the most miles are easy to figure out, but to make his job easier, we need to have everybody submit humorous ideas to him. If you see anything happen at a ride or event that you think deserves a humorous award, please send it to him.

Kudos for Everyone ...

From the ride chairs, Ann & Steve, to everyone who helped in the creating the 2002 RB Ride Calendar. The calendar would not be what it is without everyone who contributed rides, ideas and volunteering to be a ride leader. We would also like to thank the proof readers, Karen Managan, Monica Guenther and Brad Jensen for their time. One last thank you to Todd Calvin and Brian Managan for creating the links for the web. Please keep in mind that even with all the proofing there will be mistakes on the schedule. We did our best. (*You did GREAT... KUDOS! - ed.*)

Volunteers Win Big

As with any club, volunteers are essential to the successful operation of the club's activities. To encourage and reward our volunteers for contributing their valuable time, we hold an annual Volunteer Dinner in the fall. Anyone who volunteers for an RBC function, whether it be leading a ride, or a special event, receives one volunteer point. Two points earns a FREE catered meal. You only need to bring a big appetite! Anyone not receiving enough points is also welcome to attend for a small charge.

If you are a ride leader and your ride gets rained or snowed out, as long as you show up at the ride start to get signatures (just in case there are any loonies out there who will ride in the rain) and turn in the sign up sheet to the ride chair, you will receive your volunteer point even if you didn't ride since you at least made yourself available.

When Volunteers win, the Club wins as well!



This Could be Yours!
Volunteer Today!

oops ... Sorry!

We had a slight glitch in burning the cd's this year, so they went out a little bit later than usual. Luckily (?) the weather was not in our favor for riding the first couple of weeks, so it was not as big an issue as it could have been had we had several weeks of 70 degree weather. Dream on..... By now, everyone who has renewed should have their cd and hopefully the weather will cooperate as well.

Thanks for your patience.

- Karen



The NEW RBC Jersey

New RBC Hotline!

The RBC has a new phone hotline number: (585) 238-3254. This will have info on club special events and road rides you may wish to do. You can also leave messages for the club's board. Info on mountain bike rides will still best be accessed on the club's web site or thru e-mail, due to the changing nature of the trails.

Publicity Chair Seeks Volunteers

(Read the article on the far left first! - ed.)

Greetings, fellow RBCers!

My name is Mike Brisson and I am the publicity chair for the RBC and a member of RBC board.

In addition to contacting various media outlets with news releases of upcoming events (which I do) and visiting the bike shops to keep them stocked with club brochures and applications (which another board member does) our other major publicity function includes having a presence at several of the area fairs and other outdoor events such as, the Cornhill Fest, Park Ave. Fest, Adirondack Mountain Club's Outdoor Expo and etc.

This is where you come in, because the most help you can lend me is in managing one of these events. What's involved includes:

- 1. Getting materials to the site (We will have up to two large blue plastic boxes with handouts, etc.; a folding table, possibly a tent, depending on the event; a hand truck for transporting materials.)
- 2. Recruiting club members to staff the event.

continued - page 8

- 3. Setting up a schedule for staffing.
- 4. Collecting the materials and getting them back to the storage site (probably my garage, unless you've got a few extra feet of square space and are centrally located and can make the materials easily accessible as needed).

Staffing the table involves talking with passers by, answering questions about the club, about bike safety, about club rides, events and mission. It's pretty easy, laid back and fun. Anybody spending a little time reading some background information either on the club's website, our CD or in our printed material can glean enough information to either answer most people's questions or know where to send them to get their questions answered.

Organizing one of these events, as I mentioned, is the most help you can lend me, but I'll gladly accept whatever help you can manage. Please drop me a line to say hello. Let me know how you can help and maybe even about any exciting rides you're doing this year. I'm getting pumped for the season. It won't be long now...

Mike Brisson
 mbrisson@rochester.rr.com
 585-461-5084 home phone

P.S. ... I'm also hosting the "Hell 'bent for Breakfast ride" and the RARE 02 and am this years' Awards Chair. - If anyone shows up at a ride on a 3 speed Schwinn with a Black Sabbath t-shirt and no brakes, I want to know about it!

Springtime, Trails, and MTB Riding

from the trail access committee

I know spring is here, and it's warm and all, but the trails are very delicate this time of year. Many riders suffering from cabin fever will want to get out on their favorite trail. Some will go ride these trails when they are their most delicate. Resist the urge to join them; better yet, explain to them why it's not a good idea to do so now. The trail can easily become rutted and braided (braided is where you have a widening of a muddy spot by people at ride around it, causing braids). Water filled ruts and degraded trail surfaces only provide reason for those who do not wish to share the trails, that we're not responsible enough to stay off trails when conditions are poor. Please let us not destroy the work we do to keep our trails open.

Part II - winter damage. Now is a good time to take a hike on your favorite trails and clean up winter damage. Sticks, branches, debris, whatever. It all should be returned to the condition it was in last year. Bring a hand saw and do some clean-up. Drain a wet spot. Pitch in to do your bit to maintain the trails. For those bigger logs you want to leave as an obstacle, use judgment. We all like challenge, but leave a notch or alternative route for less skilled riders; conversely, if an obstacle has been getting used, people have been riding over it, it has chain-ring marks, leave it. Removal of technical obstacles that are "in play" results in trails that are too easy for others. Either carry over or learn to ride the obstacle, don't "dumb down" the trail to your level if others are riding the terrain.

Anyone interested in joining the National Mountain Bike Patrol should contact Mark Dunn (truthrdr@rochester.rr.com). The dues are included in your IMBA dues, and we will be having training and First Aid/CPR in a couple of months. It's a good bunch of people, doing good things for the trails. Come on out.

On March 18, the Genesee Transportation Council (GTC) will release its Draft Regional Trails Council Initiative Public Review Document. It will be available for public view at various locations around town, or on-line at www.gtcmpo.org. A listing is there of the locations, as well, if you don't want to download it. Written comments will be accepted from March 18 through April 16, either by E-mail, Fax, or US Mail. Additionally, 6 public input meetings will be held. The dates and locations are also located on the site.

- Todd Calvin
 RBC MTB Trails Committee

Training for Fast Centuries

by Lisa Marie Dougherty

One of a series of columns on training for centuries. The complete series is available at:

<http://www.ultracycling.com/training/centuries1.html>

So you're back on the bicycle again, training for the dawning season. A list of events have been highlighted on your calendar. Your motivation is high as you visualize yourself among the fastest cyclists, wrapping up a century in less than 6 hours...maybe even 5 hours! How can you get the form to hold such high speeds over 100 miles?

First, remember that the most important facet to training is mental preparation and attitude. It may help to recognize that 100 miles isn't very far for a long-distance cyclist. Most pro cyclists compete in races of 100+ miles, averaging speeds over 25 mph.

Undoubtedly, the fastest centuries are completed by professional racers whose daily training rides often exceed 100 miles. So, if you want to increase your average century speed, the best approach is to study the training programs of

successful category pro-1-2 racers. The primary difference between a 100 mile race and 100 mile tour is drafting. In a race, you have a field to cruise with unless you're feeling spunky and take a flyer or fading fast and drop off the back. Otherwise, you get the pleasure of sucking wheel while saving 30 to 80% of your energy depending on wind conditions and the spread of the cyclist towing you. In a century, most riders are recreational so you will spend the bulk of your time battling wind alone. Even the fast cyclists often prefer solo riding or lack the skill to safely paceline. So don't plan on finding a group of experienced, ambitious cyclists to draft at your next century. Joining a well-oiled paceline at a tour is not unheard of, but it is unlikely.

Despite this, training like a racer will do more to increase your average speed on centuries than grinding through mega-miles at a steady, moderate pace. Big miles are certainly necessary when a cyclist is preparing for multi-day events like Paris-Brest-Paris. Such a training tactic, however, will destroy leg speed for shorter distances of 150 miles or less. It is important to realize that 100 miles is NOT an ultramarathon distance so training like an ultramarathon cyclist is not the best way to decrease your century time. Training like a road racer will increase power and speed without preparing your body for

the huge stress of real ultramarathon cycling which you won't encounter anyway. At ultramarathon distances, the body must be maintained in a steady state where the cyclist is consuming as many nutrients as he or she is burning up, continuously maintaining a steady flow of energy over many hours or several days. For shorter distances, the cyclist can upset this balance and consume less on the bicycle. This allows the body to focus on cycling rather than dividing its energy between digestion and cycling.

In the next column, I will discuss specific training tips utilized by road racers that can help increase your average century speed. If you want to do your fastest century, you cannot train like an ultramarathon cyclist.

Forget the mega-miles, protein powder, and bike lights...grab your gel packets, carbohydrate drink and local cycling buddies. It's time to train for speed.

Copyright 1999 by the UltraMarathon Cycling Association. All rights reserved.





Week-Long Adventures.

Adventure Cycling events are perfect for the busy adventure cyclist who doesn't have a lot of time but still wants to ride in some of the most scenic spots in America, both on-road and off. We provide great food, full support, snack stops, maps, route markings and more. At the end of a great day of riding, your luggage will be waiting for you at the overnight location, or at your hotel. After a hearty dinner, it's time to relax, socialize, explore the local surroundings, or enjoy the provided entertainment. Before your trip leaves, we send you a complete information packet, which includes everything you need to know to prepare yourself and your equipment for the trip. Sign up today for your week-long adventure with Adventure Cycling!

Cycle Utah (spring) \$600; 7-days, 266 mi, June 1-7

Cycle Utah (fall) \$600; 7-days, 266 mi, Sept. 7-13

Cycle Washington \$600; 8-days, 450 mi, July 20-27

Cycle Montana \$600; 7-days, 314 mi, July 27-Aug. 2

Cycle Vermont \$600; 7-days, 399 mi, Aug. 17-23

Cycle the Divide - CO \$700; 7-days, 250 mi, July 6-12

Cycle the Divide - MT \$700; 7-days, 270 mi, Aug. 10-16

More details? Visit us at: www.adventurecycling.org/vc, email: tours@adventurecycling.org or call (800) 755-2453.

Adventure Cycling Association

America's Bicycle Travel Inspiration and Resource



Oh no it's "The Board Meeting Minutes"

RBC Board Mtg 13-December-2001

Present: Brad Jensen, Dick Burns, Ann Carroll Lee, Steve Lee, Brian Managan, Karen Managan, Steve Riegal, Nancy Rohlin, Todd Calvin, Frank Steiner, Dale VanOcker, Carol Walck, Hank Walck.

COMMITTEE REPORTS

Education- None

Rides- Ann Carroll-Lee & Steve Lee -Calendar is posted on the Web Site -Less than 100 rides are looking for a leader. -Map list has gone to Dick B. for priority update. -Informal week day rides- We will provide ride sheets and process any that are returned to count mileage.

Membership- Karen Managan -1 renewal received, no new applications. -Board members were reminded to sign up.

Newsletter- Brian Managan -Deadline for new stuff is January 15th .

Treasurer- Carol Walck -See December spreadsheet for details. Balance is now \$4,419.06

Trail Access- -Working on final schedule. Plan to have both leisure and training rides each weekend. -A new shop owner wants to talk to DEC about Public Lands. (NYS area south of Sodus Bay). -All 2001 objectives were accomplished thanks to volunteers and weather. -Frank S. & Mark D have a late season century ride to Dansville planned. Check your E-Mail.

"Five & Dime" rides- -Only the start location will be listed on the maps and phones to give flexibility of ride destination to the ride leader. -Most rides have leaders, although we could use a few more volunteers. Call or E-Mail Hank Walck.

Publicity- No formal Report - New Board press releases have gone out.

Awards- Meet January 7th at the Cometas'. They welcome ideas.

VP- Brad Jensen -Bike shop discount info received from 14 shops, no response from 3. -New Member Orientation- No firm plans yet.. -Jerseys- Students have begun the creative process. They may have some results by next board meeting.

Members-at-Large- Nancy Rohlin, Hank Walck, Steve Riegal -None.

Advocacy- None.

Maps/Time Trials- Dick Burns None, of course.

Phones- None

Volunteers- None.

OLD BUSINESS: None.

NEW BUSINESS; -Karen M-Jan 6th is next Board Meeting -New Meeting schedule will be E-Mailed this week. Look for it in an INBOX near you! -Hank W.- Request from Jack Wilson to hold meetings on a fixed day of the week to make it easier to schedule. After discussion, it was decided that the present method of having "random" days to meet allowed more to participate regularly. -Winter Meeting/Slide Show is planned. Friday Feb 1st, - 6 pm Carmen Clark Lodge, 777 Westfall Rd -We were given free envelopes for Map Sets. They will require a stick on label. Karen M and Dick B. will handle.

Timeline Check- -Everything is on schedule. -Church has been paid. -Map CD-Todd needs when they are ready- New Maps List of Changes Any interesting photos for the Gallery. New version of Ride Leader Handbook. -Challenge Ride Park (July 20-21st) has been reserved.

NEXT MEETING: Sunday, January 6th, 7:00 p.m.

From- Dale Van Ocker, Secretary

Present: (as below) REPORTS:

Hank - at large - no report

Ann - Rides - lacking only 3 leaders to finish schedule. Deadline for hardcopy is due the 1st of Feb. Ann will forward files to Brian for HTML preparation for CD/website.

Dick - Time trials - new award for fastest woman. Maps - 20 -25 maps still to do for '02. Dick/Todd/Brian will arrange to forward files for CD. Parking for Mendon ponds rides - discussion about moving ride start to Nature center. No change at this time.

Karen - Membership - up to 92 renewals at this time - compared to 67 last year same time.

2000 apps have been printed. (with hotline # that may not be in use anymore.)

Todd - MTB - DEC is revising its review plan - moving toward "closed unless open" plan state wide!! Efforts to resist in progress.

Chimney Bluffs was under state DEC - transferred to NY parks. Added restroom & facilities. Public meetings for use occurred. Bike clubs have been contacted by snowmobile users. Good chunk of land in question. Concerns about drumlins.

Web - Road Runner and AOL access to RBC domain has been restored. Lycos accounts still not receiving RBC's topica-based emails email lists.

Mike - publicity - will start contacting folks for events / "5 and dime" ride brochures.

Brian - newsletter - deadline Jan 15th.

Steve - rides - will start calling folks to finish ride leader list and alternates.

Carol - treasurer - current report was distributed expenses and income was reviewed. Still in the black - as usual!

Barry - education - working on maintenance classes. Date not yet set ... possibly July 14th. Dick will assist.

Richard - at large - City of Rochester produces Brochure of rides RBC info is invited. Share the Road banners --> Dick and Richard will coordinate the set-up this year.

NYBC will do a presentation in Rochester.

Bike dealers group - "Re-Cycled Cycles" program - work with Salvation Army this summer. Discussion of possible bus promotions and helmet distribution in coordination with program.

Steve R. - at large - members got larger over Xmas.

Nancy - at large - Jerseys - preliminary designs may be ready by Tuesday Jan 8th. Nancy will work w/Brian to distribute prelims to board. Deadline for idea submission is still Feb 1st!!

Brad - VP - new member orientation - discussed plans/format/content for event. June 22nd. Bike shop discounts - only the Brockport store still not responded.

New biz:

Todd - Announce list currently does not exist due to use policies by service providers. Discussion of issues related to continuing the list. Todd will research alternatives to commercial providers.

Phone system - line is dead - company may be out of business, discussion of possible resolutions. May attempt to acquire the number to maintain continuity. Tabled till more info available from Steve W.

Banquet - Ride at 2, collate at 3:30, dinner/awards at 4:30.

Timeline reviewed. Karen will write article about banquet.

Next Meeting - Feb 4th
(bcm)

RBC Board Meeting 04-February,2002

From: Dale Van Ocker, Secretary

Present: Brad Jensen, President, Mike Brisson, Dick Burns, Steve Cometa, Ann Carroll Lee, Steve Lee, Brian Managan, Karen Managan, Dale Van Ocker, Carol Walck, Hank Walck.

Committee Reports Rides/Calendar: Ann Carroll-Lee & Steve Lee -229 road rides are scheduled/calendar is up on the Web Site
-Sent form to Eastview Mall asking parking permission. -RARE rides are being planned.

Membership: Karen Managan -85 applications to date.

Treasurer: Carol Walck -Income \$718.80 -Expenses Maps \$328.24 Postal \$125.00 Web regist \$ 29.95 -Balance is now \$4,441.67

Phones: Waiting for number assignment

Trail Access: None.

Newsletter: -ready to pick up. -Inserts for charity will not be charged. Remove mention from web.

Education: None

Publicity: -Hank is helping with the computer program for the 5 and dime rides. -Will be turned into Todd for inclusion in the CD-ROM

Maps/Time Trials: Dick Burns. -Maps: 2/3 are done for the CD.

Awards: -Almost finished. -Need off road mileage from Todd.

Volunteers: None.

Members-at-Large: Nancy Rohlin, Hank Walck, Steve Regal: -None.

Old Business: We looked over preliminary Jersey designs to narrow down the choices.

New Business: None.

Other Business: -March Ride/Collating Party/Banquet Ride 2:00 pm, Collating Party 3:30pm, Banquet 4:30 pm

NEXT MEETING: Sunday, March 10h, 7:00 p.m. Church of the Good Shepherd, Winton Road North



Rochester Bicycling Club Board Meeting 10-March-2002

From: Dale Van Ocker, Secretary

Present: President: Greg Kerr Vice Pres.: Brad Jensen Secretary: Dale Van Ocker Treasurer: Carol Walck Trail: Todd Calvin
Newsletter: Brian Managan Rides: Ann Carol-Lee Membership: Karen Managan Publicity: Mike Brisson Map/Time trials: Dick Burns Education: Bary Siegel Mem/Large: Hank Walck Mem/Large: Steve Regal Mem/Large: Richard DeSarra

Committee Reports Rides/Calendar: Ann Carroll-Lee & Steve Lee -4 rides were scheduled, Saturday was good, Sunday was bad.

Membership: Karen Managan -190 to date this year compared to 179 last year

Treasurer: Carol Walck -Income \$1685.30 -Expenses \$2697.43 -Balance is now \$3429.54

Phones: -Under Construction - number answers

Trail Access: -IMBA is in April - Summit -Certification for patrollers and first aid training is being planned. TBA. -Chimney Bluffs Trail Development - They will get together when the weather breaks. -Opening the County Parks to bikes - gone as far as we can with advocacy, no change in county's position.

Newsletter: -Deadline is 15-Mar -We are low on content

Education: -Bary Siegal and Dick Burns will get together about a maintenance workshop.

Publicity: -Join-The-Club brochure went out to the bike shops; -Publicity wants to organize all volunteers who said they wished to work publicity. -Sierra Club Invitation to the upcoming Forum -Todd will follow-up and perhaps attend.

Maps/Time Trials: Dick Burns. -Still ironing out the new mapping software.

Awards: -Needs a chairperson -Still distributing the 2001 awards - four left to pass out

Volunteers: -Needs a chairperson

Members-at-Large: Nancy Rohlin, Hank Walck, Steve Regal: -Nothing new

Old Business: -Jerseys - Mark Frank will consult with the manufacturer concerning the winning selection Tim
27 votes Susan 15 votes

New Business: -Library files looking for a home. Hank Walck volunteered space in his basement. -5 and dime Rides brochure is done, Hank W. will distribute to shops. -Newsletter Advertising -Correct web-site to say "camera ready copy" -Complaints about advertising service/delivery will be routed through Greg K. for disposition. -Advertising guidelines are found on the website -Use of discussion lists "RBC_List" is being monitored for abuse. Abusers will be dropped from list. "RBC_Announce" needs someone new to handle the forwarding process to the board. Steve R. and Brian M will discuss. -Note from Randy Warner Re: NYC Bike Ride was presented for info only.

Other Business: -Send \$100 to Newark BOCES with a thank you letter. -NY Bike Coalition coming - board members are invited to participate. -Rich D./Harv Botsman are involved in a bike recycle program. -Timeline is OK.

NEXT MEETING: Tuesday, April 9th, 7:00 p.m. Church of the Good Shepard Winton Road North



Rochester Bicycling Club Board of Directors

President

Greg Kerr 315-986-2549
3304 Foxglove Ct
Walworth 14568
ghkerr41@aol.com

Vice President

Brad Jensen 872-4468
62 S Estate Dr
Webster 14580
bkjensen@lycos.com

Secretary

Dale VanOcker 227-7218
71 Larkins Crossing
Rochester 14612
ockdale@yahoo.com

Treasurer

Carol Walck 217-9450
1137 Amberwood Ln
Webster 14580
cwalck@rochester.rr.com

Membership

Karen Managan 872-1751
1134 Wall Rd
Webster 14580
kmanagan@rochester.rr.com

Newsletter Editor

Brian Managan 872-1751
1134 Wall Rd
Webster 14580
rbcnews@rochester.rr.com

Rides

Ann Carroll-Lee and Steve Lee 338-3934
30 Schum La
Rochester 14609
rbcrideres@yahoo.com
slee40@rochester.rr.com

Education

Bary Siegel 442-4245
275 Nunda Blvd
Roch 14610
bjs9984@rit.edu

Trail Access

Todd Calvin 265-4042
52 Kircher Pk
Webster 14580
tcalvin@frontiernet.net

Frank Steiner 223-5811
53 Williamsburg
Fairport 14450
fsteiner@worldnet.att.net

Publicity

Mike Brisson 461-5084
76 Westland Ave
Rochester 14618
mbrisson@rochester.rr.com

Members at Large

Nancy Rohlin 315-331-8835
492 Vienna St
Newark 14513
nrohlin@rochester.rr.com

Jack Wilson 924-9148
1405 Creek Pt
Farmington 14425
jmwilson@frontiernet.net

Hank Walck 217-9450
1137 Amberwood Ln
Webster 14580
hwalck@rochester.rr.com

Richard DeSarra 266-6088
119 Belcoda Dr
Rochester NY 14617
ddesarra@rochester.rr.com

Steve Riegel 385-7515
228 East St
Pittsford NY 14534
sriegel@twocoast.com

Phone System

Steve Wowkowych 338-3629
4651 St Paul Blvd
Roch 14617
steven.r.wowkowych@delphiauto.com

Maps/Time Trials

Dick Burns 671-6732
408 Woodland La
Webster 14580
highb2@earthlink.net

Awards

Mike Brisson 461-5084
76 Westland Ave
Rochester 14618
mbrisson@rochester.rr.com

Volunteer Coordinator

Position open - Volunteer today!

Board - Appointed Positions

Legal

Francis Kennedy 544-6979
188 Sagamore Dr
Roch 14617

LAB Touring/ Ride information/ Club

Representative
Todd Calvin 265-4042
tcalvin@frontiernet.net

Librarian

Hank Walck 217-9450
1137 Amberwood Ln
Webster 14580
hwalck@rochester.rr.com

The Flower City Cyclist

The Rochester Bicycling

Club's Newsletter

The Rochester Bicycling Club was formed for the purpose to teach and promote bicycling for transportation, recreation, and health. To preserve and proclaim the rights of bicyclists as operators of vehicles. To schedule and organize bicycle rides, tours, and other activities on a regular basis. To cooperate with other groups in promoting bicycling. To advocate the use of approved helmets. To advocate the safe and responsible use of appropriate lands for off-road cycling.

Editor

Brian Managan
(rbcnews@rochester.rr.com)

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

Newsletter Deadlines:

February Newsletter -- January 15th
April Newsletter -- March 15th
June Newsletter -- May 15th
August Newsletter -- July 15th
October Newsletter -- Sept. 15th
December Newsletter -- Nov 15th

Newsletter Advertising:

The Flower City Cyclist accepts paid ads and preprinted inserts. Members may place bicycle related classified ads at no charge. Ads will run for one issue. Copy and payment are due at the deadlines listed above. See the RBC Website for complete details.

Moving? Don't miss a single issue!
THIS NEWSLETTER WILL NOT BE FORWARDED! Send address changes to:

Rochester Bicycling Club
PO Box 10100
Rochester NY 14610-0100

or email:
kmanagan@rochester.rr.com

Rochester Bicycling Club
PO Box 10100
Rochester NY
14610-0100

PRSR STD
US
POSTAGE
PAID
Webster NY
Permit #107



Where do YOU want to go Today?