

Special Events

Spring Awards Banquet: We kick off the riding season with a short ride followed by a dish-to-pass banquet and awards presentation. Awards cover riding accomplishments as well as humorous moments that popped up in the prior season.

Andrew Spiller Memorial Challenge Ride & Picnic: Each summer we organize a picnic at a park shelter, bring dishes-to-pass, and set up routes so members can ride, eat, and socialize all day long.

Fall Banquet and Volunteer Dinner: This special catered dinner invites *all* members to come and celebrate the past riding season together. In addition, we recognize all those who volunteered (i.e., leading rides, writing articles, representing club at events, etc.). Volunteers attend for free.

Fall Elections: This is mostly a social gathering, but is also the annual RBC general membership business meeting. Officers for the coming season are elected at this event.

Winter Multimedia Show: Here is the chance to share your bike trip adventures with others or sit back and enjoy the show. Come join us for several travelogues and start dreaming about YOUR next big bike adventure!

Supported Rides

Our less demanding rides are called **Supported Rides (SR)**. These rides are run as a loose group that pauses to regroup from time to time. To participate on an SR, you need to be physically conditioned and able to cycle for 2 hours at about 10-12 mph over some possible rolling terrain. The leader always rides at the back of the group and is there to provide support and encouragement.

Supported Rides are held on weekends and Wednesday evenings during the summer.

Annual Membership Dues

- Individual: \$25
- Family: \$35
- Student: \$10

For more information or to join:
rochesterbicyclingclub.org

Ride schedule and updates:
[meetup.com/RBC-NY](https://www.meetup.com/RBC-NY)

And (of course!) follow us on:
[facebook.com/RBCsocial](https://www.facebook.com/RBCsocial)

Rochester Bicycling Club

Dedicated to promote cycling for sport, recreation, health, and transportation



Rochester Bicycling Club (RBC) has sponsored rides and supported advocacy, education, and community cycling events for over 50 years. Whether you attend the scheduled group rides or use the routes to ride with your friends, RBC has a lot offer!

Benefits include our diverse ride calendar, access to hundreds of maps and routes, our newsletter, insurance, Ride with GPS premium features, clinics and safety classes to tune up your skills, and more.

Member benefits include:

Riding with a Group

Enjoy riding with others who share your interest in cycling. Meet new friends. Improve your cycling skills by riding with more experienced riders. Collectively, we have a wealth of cycling information that you will pick up just by riding with us! Discover new places to ride and explore. Distinguish practical vs hype about equipment and gear. Understand what matters for different kinds of riding (road, trail, commute, touring, etc.). We have good stuff for everyone!

Hundreds of Routes

Routes vary from less than 10 miles to 100 miles (or more). There are plenty of flatter riding areas close to Lake Ontario, but the glaciers left us challenging climbs in the south. Our ride contributors have linked the best, low-traffic roads to create spectacularly beautiful and enjoyable rides. There are many combinations of short/medium/long, flat/moderate/hilly rides, truly something for everyone! Our ride maps are digitally drawn and illustrated PDF documents, along with cue sheets and GPS routes.

Hundreds of Rides

Weekend rides are scheduled April through October and weekday evening rides run all summer long. Rides can be added year round whenever weather is good. During peak season, many rides are also held during weekdays, which is great for retirees but also for anyone who wants to take a day off now and then. Members can find our ride calendar on the website or RBC Meetup.

Health and Fitness

Cycling is a great aerobic exercise and is easy on our joints (low-impact/non-weight bearing). The more you ride, the fitter you get. Longer distance, moderate intensity cycling is particularly effective at burning calories.

Ride with GPS

Members have access to a RideWithGPS club account for RBC's routes and those shared by RBC members. Among other features, this provides visual/audible turn-by-turn directions for our routes right from your smartphone! GPX/TCX files are also available for Garmin and other GPS/fitness devices.

Clinics and Safety Classes

Members can attend clinics on topics such as basic bike maintenance and repair, how to fix a flat, and cycling safety courses. Details can be found on our website or RBC Meetup.

Bike Cases for Travel

RBC owns several hard-shell bike travel cases that members can borrow (deposit required).

Bike Shop Discounts

Rochester has great bike shops and most offer RBC members discounts on bikes, clothing, parts, service, and accessories. Show your RBC membership card at checkout to save. Savings from discounts can pay for your membership! If you ride a bike, it PAYS to be a member and it PAYS to support your LOCAL bike shops!

Insurance

RBC is a member of the League of American Bicyclists (LAB), and purchases insurance coverage through them. As a result, our members are protected when leading or participating in club rides.

Member Forum and Classified Ads

The Member Forum enables online discussion of anything cycling related. Members can also place cycling related classified ads.

Club Newsletter

RBC produces the Flower City Cyclist newsletter throughout the year. Members receive an email with a link to the latest issue. Members are encouraged to submit articles, event information, and bike-related items for sale.