



FIND YOUR FLOW

Fall 2025 Newsletter

Join or Renew your Membership

Trail Notes from the GROC President

As GROC's new president, I've been learning the ins and outs of how our organization operates—fundraising, membership, events, and insurance—while keeping our mission front and center:

GROC is a nonprofit organization striving to improve public lands and community wellness in the Genesee Region by providing great off-road cycling experiences, advocacy, and education for trail users.

This year has brought exciting progress. At Dryer Road Park, stewardship leaders Todd Sheehan and Chris Waddington—working with **Victor Recreation and Parks**—have carried on the momentum after longtime leader Paul Moszak moved out of the area. New skinnies, boardwalks, and drops were added during the early summer season. At **Ontario County Park**, support has been phenomenal, highlighted by the New York NICA state championship and a generous contribution from RYCC. Thank you! And don't forget the Dryer Road Park Taco Tuesday Series during the summer.

On the advocacy front, we continue to back the **Monroe County Trails for All** program and are pressing for updates on the Irondequoit Bay Trail User Study. We're also supporting community efforts to bring mountain **biking trails to Northampton Park**, with a public Open House scheduled for October 16 at Knollwood Lodge. In Penfield, GROC has been engaged in the Shadow Pines Multi-Use Trail Project and the Active Transportation Plan, reinforcing how well-designed trails can benefit all users.

We're also proud to support the **Naples Trail Collective** in its work with NYS DEC to create and expand trails at High Tor Wildlife Management Area. See their website for updates on this important project.

Looking ahead, we're excited for 2026 to be a year of renewed dedication to events that celebrate our members and strengthen the advocacy efforts that lay the foundation for new trail experiences close to home. *We encourage you to join or renew your membership to help support our mission, consider stepping up into a Board Member-at-Large or leadership role, and keep an eye on social media for future opportunities to participate in public input that shapes the future of riding in our region.*

Happy Trails,
-Scot

A Major Victory for Youth Cycling in the Genesee Region

The Genesee Regional Offroad Cycling community is beaming with pride! Thanks to the incredible venue and trail system nurtured by GROC volunteers, the **National Interscholastic Cycling Association (NICA) New York** selected **Ontario County Park (OCP) at Gannett Hill** to host the **2025 NICA New York State Championships on June 8th, 2025**. This monumental decision was directly spurred by the overwhelming success of their 2024 season competition held at OCP. NICA race organizers were reportedly impressed on the spot by the sheer **size of the venue, the excellent trail conditions, and the available camping amenities** at the park, validating OCP as a premier mountain biking destination on the state level. This event is a tremendous win for our sport and a testament to GROC's commitment to cultivating the next generation of riders.

This victory belongs squarely to our dedicated trail crews and stewards. Hosting a State Championship requires world-class trails, and our volunteers worked diligently to ensure OCP was ready. From maintenance updates to crucial enhancements, countless hours of labor went into preparing the course for this major event. We are incredibly proud of the hard work that secured the Championships, including the updated Yellow trail reroute that was immediately used as part of the course. As we look ahead to the 2026 season, the most impactful way members can support this legacy is by lending a hand to our thriving youth clubs. We encourage you to **support the future of local mountain biking** by supporting and encouraging one or all of the three amazing youth organizations making this happen: **Rochester Youth Cycling Club, Rochester Black Bears, and Naples Central School District!**

Support these groups here:
Black Bears: [Instagram](#)
RYCC [Facebook](#) & [Instagram](#)
Naples CSD: [Email the Coach](#)

The Trail Steward's 'Send It' Update

Your GROC trail crews have been putting in major work this season, turning membership dues into fresh dirt and epic lines! Our dedication to maintaining 65 miles of singletrack across the Finger Lakes region means the trails are primed and ready to shred, from the rustic, **gnarly** climbs at OCP to the smooth **flow** at IBPW. Here's the quick rundown on where your support has made the biggest impact:

- **Letchworth State Park:** The rekindled relationship with NYS Parks is paying off with the addition of **two gnarly new creek crossings** to keep your wheels rolling year-round.
- **Stid Hill:** Time to **send it** from the top! We put in a new lookout on the orange switchback trail and added a connector from the Dugway lot to the pump trail. This upper lot access now offers a much more beginner-friendly starting point.
- **Irondequoit Bay Park West (IBPW):** Have you dropped into the "**Oh-Zone!**" yet? This entirely handcrafted gravity trail is giving serious amusement park throwback vibes and provides a short, fun descent to the old trolley bed. Word is someone even pulled a backflip on the expert line—now *that's* dedication! Just remember, this gravity line is getting loved to death and could use some Tender Loving Care (TLC).
- **Dryer Road Park:** The **flow** just keeps getting better! Following the success of the "Claudus" hub and "Tree Beard," this year saw the opening of a **brand-new Gully trail** and the addition of volunteer-donated telephone pole supported boardwalks and a drop. We also have plans to re-open "The Den" after some minor rerouting to clear up a rather large blowdown.
- **OCP Trail Prep:** In preparation for the NICA event, our crews executed a successful **Love Your Trail (LYT) event** with 29 volunteers on hand to **rebuild the bridge on the Red trail**.

From **gnarly** rock gardens to smooth **flow** sections, your dollars and volunteer hours translate directly into better riding. Keep it up so we can **shred** even more mileage next season! [Renew your membership today to keep this flow!](#)



Rooted Mountain Bike Festival

On a hot weekend in July, a group of local GROC ladies traveled to Chautauqua county to attend the [6th annual Rooted Mountain Bike Festival](#). Held on the grounds of [Loud Performance](#) in Bemus Point, Rooted offers a safe and welcoming space for women and genderqueer femme folks of all abilities and skill levels to come together and ride bikes. There were clinics, group rides, educational offerings, a themed costume ride at sunset, a panel discussion, and lots of opportunities to make new friends and foster community. [WNYMBA](#), the local IMBA chapter, provided some yummy eats. We rode, learned new skills, swam, crafted, conversed, encouraged each other to go outside of our comfort zones, and laughed (a lot). Some of us were veterans of the festival, and some were first timers. Some of us knew each other, and others were meeting for the first time. But we all had a great time!

If you've been looking for a sign to invest in your biking experience, here's your sign: join a group ride, visit a local IMBA chapter, ask your bike shop about opportunities. You won't regret it!



2025 Southern Zone Hunting Seasons

2025 Southern Zone Hunting Seasons do not include the Adirondack region schedule

- Some properties that we are allowed to mountain bike on also allow hunting. Sharing is caring and we should be aware of the hunting seasons and know how to engage in our activity in the woods as safely as possible.
- Wear something bright!
- Ride in the afternoon as sunrise and sunset are popular hunting times.
- Don't spook wildlife.
- Find other properties to bike on that do not allow hunting.

Properties that allow hunting:

- Town Parks
 - Whiting Road & Gosnell Woods Nature Preserve - Bow Only
 - Gosnell Preserve
- NYS DEC WMAs
 - Stid Hill
 - High Tor
- NYS DEC State Forests
 - Morgan Hill SF
 - Eville McCarty Hill SF
 - Shindagin Hollow SF
- NYS State Parks
 - Letchworth SP
 - Harriet Hollister SP

Hunting Seasons

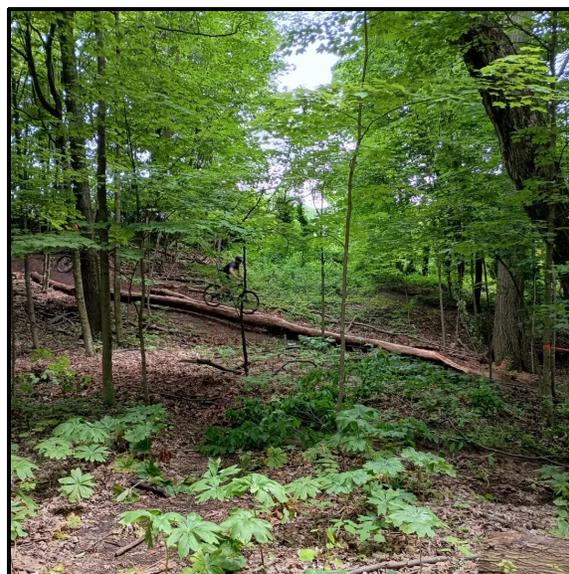
- "Early Bow", Oct 1 - Nov 14
- "Youth Firearm", Oct 11 - Oct 13
- "Regular Firearm", Nov 15 - Dec 7
- "Late Bow", Dec 8 - Dec 14
- "Muzzeloder", Dec 8 - Dec 16 & Dec 26 - Jan 1

Love Your Trails (LYT)

Our LYT days are excellent opportunities to come out and learn more about trail sustainability check our calendar for the upcoming dig days and events. These are the perfect low-pressure day to learn about trail building in your community.

All you need to bring is a willingness to learn, a pair of work boots, and gloves.

Dryer Road Crew lead a LYT where work was done on the new Gully trail. This team has stepped up after Paul Moszak left us for warmer weather and is knocking it out of the park. The community has spoken and we are seeing more technical trail features pop up in our own parks thanks to our land managers and our trail crew volunteers that help make it all happen.



Your Voice Heard: Trail Data That Matters

With a project we called "**Monroe County Trails for All**" and after **four years of direct advocacy** with the Monroe County Parks department, the **Irondequoit Bay Area Trail User Study (IBATUS)** officially launched in August 2024, gathering input from trail users of all types across the region. Your participation was tremendous: the study garnered **971 survey responses** and logged **336 interactive map entries**. This data confirms that key GROC-supported trail networks—like Irondequoit Bay Park West (65%) and Tryon Park (59%)—are

heavily utilized. The results also reveal important insights, showing that a significant majority of users are in the **35 to 64 age range** and that **about 20% experienced some form of user conflict**. These findings are now informing future decisions, and detailed recommendations from the Monroe County Parks department are coming soon. This is the power of our collective advocacy and membership at work!

Ready to advocate now? The next opportunity is to join the conversation on Northampton Park and the ongoing trail study. We invite you to attend the public open house on *October 16th, from 4 to 6:30 pm at the Knollwood Lodge*. This open house will afford attendees an opportunity to hear details about the current trail analysis and provide feedback on the future trail system within Northampton Park.

Add to your calendar ([Google Calendar](#), [iCal](#), [Outlook](#))

To stay up to date with advocacy, trail conditions, and the GROC community, [join our Facebook group](#).

Spokelight: Todd Sheehan

"**Spokelight**" is a featured section dedicated to celebrating and sharing the stories of inspiring individuals who are truly moving the needle in the GROC cycling community. Whether they are dedicated trail stewards, passionate local advocates, or accomplished riders, this profile offers readers a chance to meet the people who embody the spirit of off-road cycling in our region and see how their contributions elevate the sport for everyone.

While this Spokelight typically likes to be stealth, we can't hold our excitement back to celebrate **Todd Sheehan!** Anyone who's worked with Todd knows he truly embodies the spirit of our trail community, serving as a dedicated Dryer trail crew lead who organizes maintenance efforts not only at Dryer Road Park (hello to the new trails, features, and intention design!), but also at Perinton Backwoods. His passion for stewardship ensures some of our most popular local networks are consistently maintained and ready to ride. Thank you, Todd, for all the hard work you put in to keep our trails flowing!

Help us celebrate our community! Submit their name and why to president@mygroc.com for a Spokelight, and we'll share on our social media ([instagram](#) and [facebook](#))



Recruiting, We Need You!

We are currently seeking individuals to fill the following positions within our non-profit organization:

- Vice President
- Secretary
- Board Member-at-Large
- Community Engagement Committee
- Bike Patrol Members

Your contribution is invaluable to our committed team focused on trail stewardship, community engagement, bike patrol, and advocacy for expanded opportunities. Become a part of GROC today! Perhaps there isn't a position that speaks to you, but you're ready to give back - let us know! Reach out to us: info@mygroc.com



**WE ARE
RECRUITING**
JOIN THE TEAM

JOIN THE MOVEMENT

Are you a mountain biking enthusiast with the bandwidth, energy, and deep passion to make a lasting impact? GROC is on the lookout for individuals like you to shape the vibrancy of our biking community!

WHY VOLUNTEER WITH GROC?

- Advocate for More Public Land Access
- Contribute to Trail Stewardship and Maintenance
- Engage with the Community to Enhance the Biking Experience

YOUR INVOLVEMENT MATTERS

By joining GROC, you become an integral part of a community-driven initiative that goes beyond biking trails. You'll be actively shaping the future of mountain biking in our region and fostering a sense of camaraderie among riders.



Hands-On Help: Patrol Wants YOU!

When you become a GROC Bike Patroller, you're also becoming a member of the National Ski Patrol. Needless to say, this comes with a lot of perks, on and off the bike. You will be providing service and safety in an environment that you already love, and you will form lasting friendships. You will learn and refine first responder medical and rescue skills unique to Mountain Bike Patrolling.

In 2025 GROC Bike Patrol supported the following

- 4 Women of Farmall Series (May)
- 4 Farmall Races Series (April - May)
- NSP Women's Clinic (May)
- Camp Arrowhead (June and July)
- NICA Championship @ OCP (June)
- Dryer Park Taco Tuesday (June - September)
- Rooted Women's MTB Festival (July)

- Hardcore 24 @ OCP (July)
- Victor BikeFest (July)
- Jakes Rocks Trail Fest (September)

Bike Patrol provides a unique experience to help our community and a motivator to get on your bike more, and at diverse opportunities.

GROC MTB PATROL NEEDS YOU!

**Want to get out more this summer
and stay in shape for ski season?**

**Need to find an excuse to meet
other patrollers from local
mountains?**

Want to explore local trails?

**Consider joining the GROC MTB
Patrol.**



Sponsors

We are proud to have multiple sponsors who have partnered with GROC to support our mission and provide our members with sweet benefits.

Please consider supporting these great sponsors that support our mission.

Loud Performance | Bike Shop & Snowmobile Outfitter | Bemus Point, NY

<https://www.loudperformance.com>

10% discount on accessories

Rochester Fitness + Cycling

<https://rochesterfitnesssequipment.com>

10% discount on service and accessories

Full Moon Vista Bike & Sport | Rochester, NY

<https://www.fullmoonvista.com>
10% discount on accessories

RV&E Bike & Skate

<https://www.rvebike.com>

10% discount on accessories

Magicshine Lights

<https://magicshine.com>

20% discount promo code: GROC20off

K2 Brothers Brewing

<https://www.k2brewing.com/>

one free drink + 50% food discount during Tryon/BPW trail work volunteering events

Lock Stock Bar & Grill

<https://lockstockbristol.com>

One free beer or soft drink + choice of a Bavarian pretzel or cheesy bread during Stid Hill trail work volunteering events

Mendon Maple Farms/Woodwise Land Company

<https://woodwiseland.com>

Free 100% Pure NY State Maple Syrup during Hot Laps & Flap Jacks events.

Contact Us

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Genesee Regional Off-Road Cyclists

Contact Us



Genesee Regional Off-road Cyclists | P.O. Box 25674 Groc Gives Inc. is a 100% Volunteer driven 501c non-profit | Rochester, NY 14625 US

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