2014
flower
city
looking
good
Hello Summer. We've missed you.
MVP HEALTH CARE
CITY
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Wegmans
Believe.
City of Rochester, NY
Lovely A. Warren, Mayor
Rochester City Council

LIVING WELL IS THE GOAL.
AS INDIVIDUALS. AND TOGETHER.

MVP Health Care is proud to support wellness in all its forms by helping our whole community build a healthier future.

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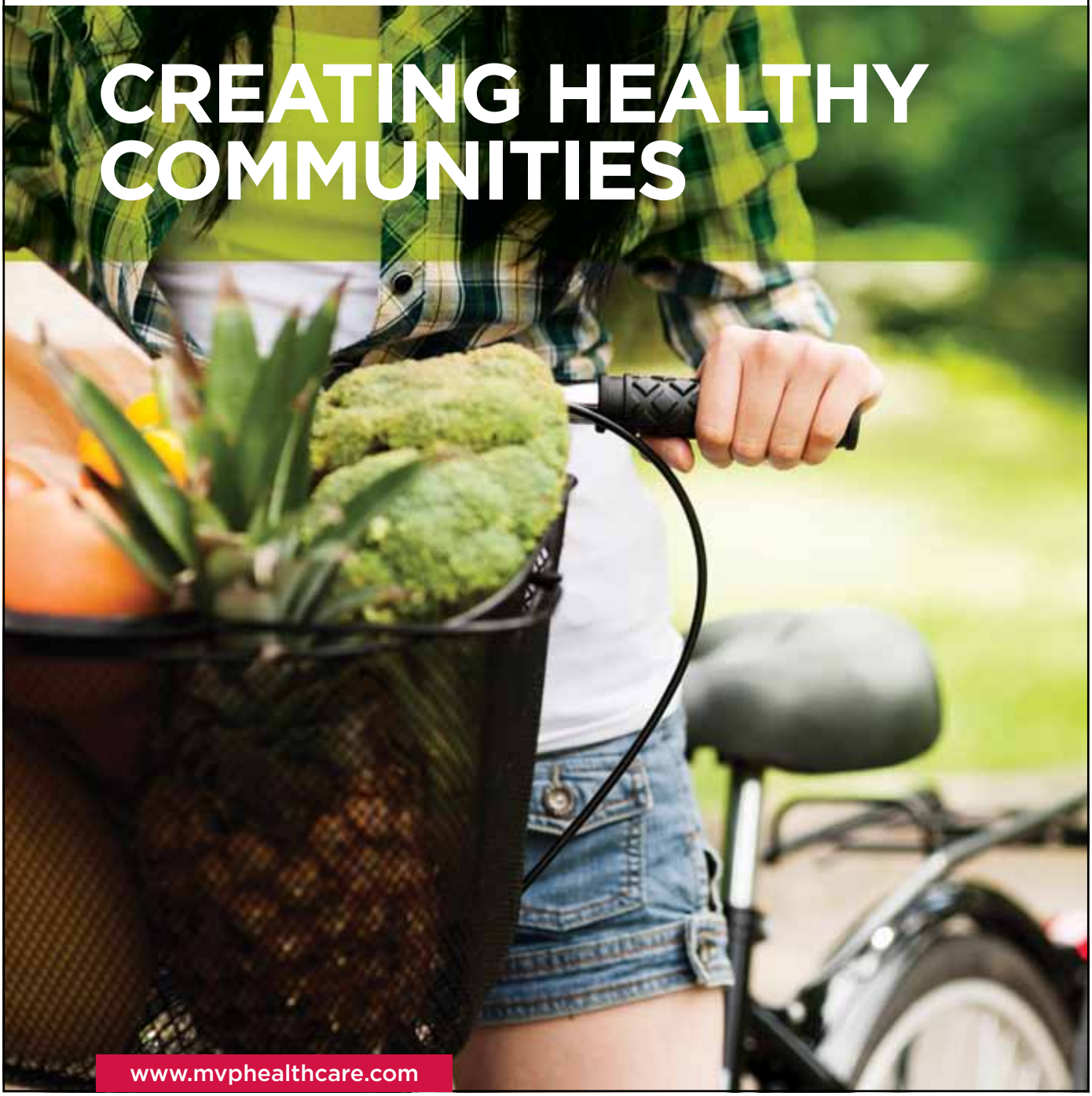


# Summer

is a great time to explore the neighborhoods and natural wonders in Rochester.

Jump on your bike and enjoy the history of Mount Hope Cemetery, mural art along the El Camino Trail, the beauty of Durand Beach or scenic views from the pedestrian bridge that overlooks the Genesee River Gorge.

If walking is more your pace, the Flower City Looking Good program boasts an abundance of walks that highlight both the natural beauty and the rich history of our great city. Lace up your shoes and explore the Olmsted designed Genesee Valley Park, Susan B. Anthony historic district, Lake Avenue cemeteries, Charlotte Lakeshore and so much more!

**Flower City Looking Good** includes events and activities that empower you to learn more about Rochester's history, get some fresh air, meet new friends and discover nature's beauty in Rochester.

## Lower Gorge Explorer

This hike/walk series will explore the history and natural beauty of the Genesee River Lower Gorge. Individual tours will explore Charlotte Village, Lower/Middle Falls, Seneca Park, Irondequoit Flats, Rattle Snake Point and much more! Participants that complete all nine hikes in the series will join the ranks of 'Lower Gorge Explorers' and receive a commemorative coin. Walk dates include: June 5, 14, 15 & 19; July 10 & 17; August 7 & 14; and October 5.

# FREE Horticultural Workshops and Talks April through June 2014

### Spring Garden Talks

The City has teamed up with Master Gardeners from the Cornell Cooperative Extension of Monroe County to provide spring garden talks. Each talk will focus on a different topic of gardening interest. Talks will take place on Saturdays at various libraries throughout Rochester. Additional details: www.cityofrochester.gov

**So You Want To Start A Garden?** April 26, 12 to 1 p.m. Learn about community gardening in Rochester-lot permits, soil testing and other gardening resources. Lincoln Branch Library, 851 Joseph Ave.

**Gardening With Edibles And Perennials:** May 10, 10:30 to 11:30 a.m. Learn techniques and tips for growing edible crops and beautiful flower gardens. Monroe Branch Library, 809 Monroe Ave.

**Gardening With Edibles And Perennials:** May 17, 10:30 to 11:30 a.m. Charlotte Branch Library: 3557 Lake Ave.

**Composting Basics:** June 7, 10:30 to 11:30 a.m. Learn about composting techniques, benefits and pointers for starting a composting system in your garden. Arnett Branch Library, 310 Arnett Blvd.

**Saturday Rose Workshops at Maplewood Rose Garden:** 10 to 12 p.m. Greater Rochester Rose Society members will provide expert advice on roses and hands-on demonstrations. Meet by the fountain at the Maplewood Rose Garden, corner of Lake Ave. and Driving Park Ave. Free admission and no prior registration. Workshops take place rain or shine.

May 3: Pruning Roses

July 26: Insects and Fungal Diseases in the Rose Garden

October 4: Winterizing Your Roses

**Additional Gardening Classes:**
Cornell Cooperative Extension of Monroe County: www.cce.cornell.edu/monroe or 461-1000.
Rochester Civic Garden Center: rcgc.org or 473-5130
Upstate Gardener's Journal: www.upstategardenersjournal.com

# Special Events

### Flower City Days at the Market

Sundays, May 11, 18 & 26, June 1 and 8: 8 a.m. to 2 p.m.

Also over Memorial Day Weekend (Fri., May 23, and Mon., May 26)

Rochester Public Market
280 North Union Street

Visit these Sunday horticultural sales which attract 20,000 shoppers each week to the Rochester Public Market. Hundreds of area growers bring plants directly to gardeners. At Flower City Days, you can join in Rochester's Green revolution—recycle your old plant containers! Master Gardeners from Monroe County Cornell Cooperative Extension will be available every Sunday to answer your gardening questions. Vendor spaces are still available! 428-6907.

### Lilac Festival in Highland Park

May 9 - 18: 10:30 a.m. to 8:30 p.m.
www.lilacfestival.com

Includes the Master Gardener Plant Sale and other specialty vendors in front of Cornell Cooperative Extension of Monroe County's offices at 249 Highland Ave.

### Maplewood Rose Celebration: Horticulture, History and Heritage of the Maplewood Neighborhood

Saturday and Sunday, June 14 & 15
Maplewood Rose Garden, corner of Lake Ave. and Driving Park Ave.

Bring your family and friends for a photo opportunity with over 5,000 roses. Held during the peak of the blooming season, the event focuses on the beauty of more than 300 rose varieties within the historic Maplewood Rose Garden. Full schedule of events available May 2014 at www.cityofrochester.gov/maplewoodrosefest

# History and Nature Walks

**Second Saturdays at Mount Hope Cemetery:** Mount Hope Cemetery is a one-of-a kind environment that features extraordinary greenery, trees and forest. Volunteers allow the cemetery to maintain its high level of natural beauty. Join us every second Saturday of the month, from May through November, between 9:00 a.m. and noon. Individuals and groups are welcome! To learn more: www.cityofrochester.gov/mounthopevolunteer

**Reforest Mount Hope Cemetery:** For 175 years, Mount Hope Cemetery has provided its visitors with a peaceful oasis set within an inspirational landscape. At the heart of this serene environment are the majestic trees. Unfortunately, time and weather conditions have impacted the health of many of these aging trees and left them in need of replacement. Join the Reforest Mount Hope program in its efforts to plant trees in the cemetery. To learn more: www.cityofrochester.gov/reforestmounthope

**Landmark Society of Western New York:** Formed in 1937, a decade before the founding of the National Trust for Historic Preservation, LSWNY hosts a House & Garden Tour, Inside Downtown, Walk the Walk and Ghost Walk. 546-7029. www.landmarksociety.org

**Friends of Mount Hope Cemetery:** In 1838 Mount Hope Cemetery was dedicated, becoming the first municipal Victorian cemetery in the United States. Volunteers conduct public and theme tours starting May 8 and concluding on August 14. 461-3494. www.fomh.org

**Friends of Washington Grove:** Named after the nation's first president, Washington Grove is a 26-acre old growth oak-hickory forest on glacial terrain on the eastern edge of Cobbs Hill Reservoir. The land was acquired by the City of Rochester in 1908 through a combination of City funding and private donations. In 2009 a draft management plan was submitted to the City. Since then volunteers have worked with the City to maintain a healthy representation of common native plants, control non-native invasive species, maintain trails and replant appropriate plants as needed. In 2013 the informal group registered as a New York non-profit as The Friends of Washington Grove, Inc. in collaboration with the City, The Friends have developed a work plan for 2014 that includes tree planting, invasive removal and trail maintenance.

**Family Walks in Washington Grove** Nestled behind the reservoir atop Cobbs Hill is a beautiful grove of native giants, commemorated as Washington Grove after our first President. The Friends of Washington Grove, Inc., a small community non-profit, is collaborating with the City to protect and restore the Grove and increase knowledge about its ecology. For these walks, meet on the east side of the reservoir, where street parking begins on the one-way circle around the reservoir. 234-1056.

**Birding with Washington Grove.** Saturday, May 3, 8 to 9:30 a.m. Washington Grove is a way-station for migratory birds and year-round home to many others. On good days, the mix of species can be amazing and the chorus of songs thrilling. If you are experienced, or new to birding, join veteran birder Pat Martin to spot and identify some of these beautiful creatures and thrill to their spring songs. Adults and children 10 and older. Children must be accompanied by an adult. Binoculars recommended.

**Washington Grove: Geology, Ecology and Restoration.** Saturday June 7, 10 to 11:30 a.m. Learn about Washington Grove's old growth forest, its underlying geology and the restoration projects maintaining its majestic appearance.

**Fun with Fungi.** Saturday, August 9, 10 to 11:30 a.m. They may make your feet itch, rot your house, and make food taste awful, but fungi are amazing helpers that are essential to the ecosystem. Learn about many different species in Washington Grove. (Please Note: this walk will be postponed till Sunday, Aug. 10, 1 to 2:30 p.m. if there are thunderstorms or high winds).

**Fall Foliage in the Grove.** Saturday, October 18, 10 to 11:30 a.m. Washington Grove is a beautiful place to visit in any season. Come to the Grove for an appreciation of ancient and younger trees in their colorful glory as the seasons change.

# FREE
# MVP Health Care
## Tuesday Guided Bicycle Tours

MVP HEALTH CARE

Tuesdays, June 3 through August 26, 2014
All rides start promptly at 6 p.m., please be ready to ride on time.

Explore the city's natural and built environments – rides will highlight neighborhoods, city landmarks, natural wonders and the rich history of our great city. Cancellations due to weather will be made at start time on the site of the ride. For more information: 428-6770.

### 2014 Schedule Guided Bicycle Tours

**Seneca and Turning Point Parks:** June 3. Meet at Seneca Park Zoo parking lot. We cross over to the west side of the Genesee River to ride on the Genesee Riverway Trail north to the Port of Rochester. Spectacular views of the river gorge, ride on the 4,000 foot boardwalk in Turning Point basin, and under the O'Rorke Bridge. A 12-mile ride on a paved trail with a few moderate hills. **This ride is repeated during the River Romance Weekend, October 5 at 1 p.m.**

**High Falls Neighborhood:** June 10. Meet at the Pont de Rennes Bridge, behind the Centers at High Falls. Travel along the Genesee Riverway Trail and by road into the community. Ride through downtown Rochester, Genesee Valley Park, Corn Hill, Susan B. Anthony neighborhood which contains the Frederick Douglass Museum site. A ten-mile ride on flat terrain, city roads and paved trail. **This ride is repeated during the River Romance Weekend, October 4 at 1 p.m.**

**Genesee Valley Park Neighborhood Trails:** June 17. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Erie Canal, Genesee Riverway, Lehigh Valley North and Genesee Valley Greenway Trails. A 12.5-mile ride on flat terrain, paved and unpaved trails.

**Mount Hope Cemetery:** June 24. Meet at the Waterways Center at Genesee Valley Park, 131 Elmwood Ave. Explore the oldest municipally maintained Victorian cemetery in the United States. This will be a slow ride and walk in Mount Hope Cemetery with many stops. The tour is lead by the Friends of Mount Hope and includes stops at many graves sites of prominent Rochesterians. Ride covers city roads, cemetery trails and some hilly terrain.

**South Wedge Neighborhood:** July 8. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Avenue. Bike on the Genesee Riverway Trial and on the bicycle lane on South Ave. in the Wedge, a neighborhood which is enjoying a rebirth with new housing and businesses. An eleven-mile ride on paved trail and city roads.

**R Community Bikes Tour and Neighborhood Ride:** July 15. Meet at MLK Memorial Park. Explore Downtown and the neighborhood around R Community Bikes by bike, including the Public Market, colorful murals, urban gardens, a neighborhood walking route and a guided tour of R Community Bikes. A 6-mile ride on flat terrain and city roads.

**University Avenue:** July 22. Neighborhood of the Arts and East Ave. Begin at the Rochester Public Market, 280 N. Union Street Ride along University Ave. to view sidewalk art and enjoy the George Eastman House gardens. A 10-mile ride on flat terrain, city roads.

**The Conkey Cruisers:** July 16 - August 22
Wednesday, Thursday & Friday
6 to 8 p.m., Conkey Corner Park

The Conkey Cruisers kick off season 3 with a focus on family fitness. Our mission is to utilize cycling to get families moving towards a more active healthy lifestyle and earn the Presidential Active Lifestyle Award. This year we introduce family style dining in the park and pedaling with the preachers. Please visit www.conkeycruisers.org for more.

**Park Avenue:** July 29. Neighborhood and East Avenue. Meet at Towner's Bicycle Shop, 1048 University Avenue. Ride along East Ave. to view the beautiful mansions. A ten-mile ride on city roads, one climb to the top of Cobbs Hill.

**Durand Eastman Park and Seabreeze:** August 5. Meet at Summerville Genesee River parking lot at the end of St. Paul Boulevard, city roads and one hill climb. Enjoy the beauty of Durand Eastman Beach, Durand Eastman Park and the Sea Breeze Neighborhood. A 10.5-mile ride which includes paved trails.

**Charlotte Neighborhood and Lake Ontario State Parkway Trail:** August 12. Meet at the Abbott's Charlotte parking lot by Estes Street. Great views of Lake Ontario and the ponds along Edgemere Drive with beach front homes. We will walk a short distance along the Lake Ontario beach front 'secret sidewalk' in front of the beautiful lakeside homes. A 13-mile ride on paved trails and roads.

**Corn Hill Neighborhood:** August 19. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Genesee Riverway Trial and explore the Corn Hill neighborhood to view the many historic and stately homes. Approximately a 10-mile ride on paved trail and city roads.

**Maplewood Neighborhood:** August 26. Meet at the Rose Garden parking lot, Lake Ave. & Driving Park Ave. Ride on the Genesee Riverway Trail through Seneca Park. See the stately homes on Seneca Parkway, close up views of the Lower Falls and the Genesee River Gorge. Ride the new El Camino Trail and across the Rochester Gas & Electric Middle Falls Dam Trail Bridge. A 9-mile ride on a paved trail and city roads with a few moderate hills.

**The Roc City Cycling Foundation,** in partnership with the City of Rochester, is excited to provide bicycle safety training courses for youth and adults. These training events will be held at various recreation centers and City Parks throughout the spring and summer.

**Ride Right Youth Safety Program:** Saturdays July through August, 1 to 4 p.m. This program is designed for 5th through 12th graders and teaches participants the fundamentals of safe road cycling. Limited to 30 participants. For more information: 428-6770.

**Saturday, July 12:** Flint Community Center (271 Flint Street)

**Saturday, July 19:** Ryan Community Center (530 Webster Avenue)

**Saturday, July 26:** Avenue D. Community Center (200 Avenue D)

**Saturday, August 2:** Gantt Community Center (700 North Street)

**Ride Right Adult Safety Program:** Tuesday & Thursday evenings, 6 to 8 p.m. This two session program (4-hours total) is for adults 18+ interested in learning the fundamentals of safe road cycling. Preregistration, including a $10.00 registration fee, is required. Scholarships are available. To register visit the City of Rochester's Bureau of Recreation and Youth Services (400 Dewey Ave): 428-6770. Participants that complete the entire training course will receive a voucher for a free bike at R Community Bikes (some restrictions apply).

**Tuesday/ Thursday, May 13 & 15:** Genesee Valley Park: 131 Elmwood Ave. (Meet outside the Genesee Waterways Center).

**Tuesday/ Thursday, July 15 & 17:** Maplewood Rose Garden: Corner of Driving Park and Lake Ave. (Meet in Rose Garden parking lot).

## May is National Bike Month!

The City of Rochester will help to kick off the 2014 summer biking season with Rochester Bike Week, May 10 - 18. Highlights include:

- Bike to the Public Market: ride to the market on Saturday, May 10, get a raffle ticket for a prize!
- Youth-led Family Bike Ride along the Genesee River Trail: Meet at the Charlotte Beach parking lot, Sunday, May 11 at 2 p.m.
- Bicycle Film Festival: Tuesday, May 13, 7 p.m. at The Cinema Theater, 957 South Clinton Ave.
- Help dedicate a new mural and little library at the R Community Bikes' Celebration and Community Bike Ride, Wednesday, May 14, 5:30 p.m.
- Greater Rochester Bikeshare Feasibility Study Public Input Meeting, 6 p.m., Downtown Library's Kate Gleason Auditorium
- Bike to Work Day, Friday, May 16
- Radical Roots History Ride: a sociopolitical cyclo-tour with stops for discussion at local historic points, meet at Susan B Anthony Square. Saturday, May 17, 2 p.m.
- Dress up colorful or decorate your bike and ride in the Lilac Festival Parade: meet at Science Parkway Sunday, May 18, 10 a.m.

For a complete listing of Rochester Bike Week events, see www.cityofrochester.gov/bikeweek.

# FREE MVP Health Care

## Thursday History and Nature Walks

MVP HEALTH CARE

Thursdays, 6 p.m., June 5 through August 28, 2014 (several walks are also held at noon)

Thursday Evening Walks will highlight the historical and natural wonders of the city of Rochester.

**Charlotte Village:** June 5, 6 p.m. Meet at the parking lot at the end of Petten Street on the Genesee River. Petten Street runs east off of Lake Ave. This tour will highlight the Charlotte Cemetery, Bill Davis Overlook and the Charlotte Lighthouse. **Lower Gorge Explorer walk.** (See page 1)

**Brooks Landing to Camp Fitz-John Porter Civil War training camp and historic Vacuum Oil Refinery site:** June 12, 6 p.m. Meet at the west end of the pedestrian bridge near Brooks Avenue and Genesee Street. Experience Rochester history from the days of the Iroquois, to the Underground Railroad, and 19th and 20th century industrialism. Sites include Camp Fitz-John Porter memorial site, the Vacuum Oil Refinery buildings, riverfront and beautiful views of the Genesee.

**Lower and Middle Falls:** June 19, 6 p.m. Meet in the Maplewood Rose Garden Parking Lot, corner of Lake Ave. and Driving Park Ave. Walk the westside of the Genesee Gorge and visit Maplewood Park. Hike also includes former villages of Kelsey's Landing and McCrakenville, as well as the Lower and Middle Falls of the Genesee. **Lower Gorge Explorer walk.**

**Historic Genesee Valley Park:** June 26, 6 p.m. Meet in the south end of the park at the dead end of Hawthorne Drive, close to the East River Road entrance. Genesee Valley Park was designed by Frederick Law Olmsted, and is the junction of a multitude of trails, bike paths and waterways.

**Charlotte Lakeshore:** July 10, 6 p.m. Meet at Tamarack Street—which runs south off of Beach Avenue. Sights will include Ontario Beach Park and the 'secret sidewalk.' **Lower Gorge Explorer walk.**

**Seneca Park North:** July 17, 6 p.m. Meet in Seneca Park, north of the zoo at Trout Pond. Explore the historic Olmsted designed Seneca Park North including: Trout Pond, Aviary and Bandstand and the historic trail system. **Lower Gorge Explorer walk.**

**El Camino Trail:** July 24, 6 p.m. Meet at the corner of Clifford Avenue and Conkey Avenue for a hike to the Seneca Park Zoo and back. Rochester's newest trail, initiated by the Genesee Land Trust, follows the former railroad bed through residential and commercial districts.

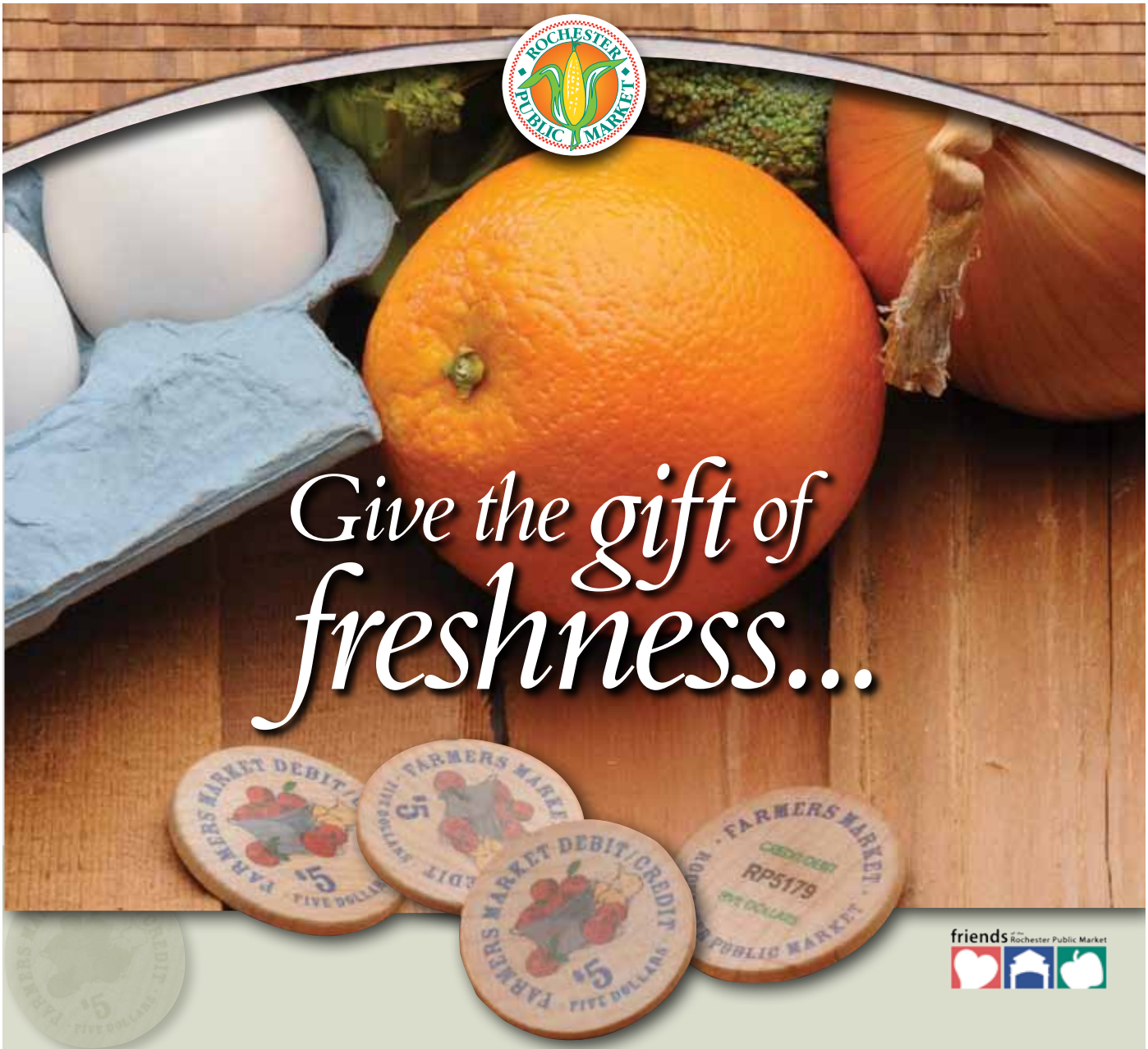
**Highland Park:** July 31, 6 p.m. Meet in front of the Lamberton Conservatory. Explore the majestic Frederick Law Olmsted designed Highland Park. Join Tim O'Connell from the Highland Park Conservancy to explore the history, design and preservation of the 1890's section of the park.

**Cemeteries along Lake Avenue:** August 7, 6 p.m. Meet at the entrance of Riverside Cemetery. Visit historic Riverside and Holy Sepulchre Cemeteries, including the grave of Rattlesnake Pete. See some of the largest and most beautiful trees in Rochester. **Lower Gorge Explorer walk.**

**Turning Point Park:** August 14, 6 p.m. Meet at Boxart Street parking lot. Hike across the picturesque Genesee River board walk and discover the Red Falls Trail and Bullock Woods. **Lower Gorge Explorer walk.**

**Downtown Heritage Trail:** August 21, 6 p.m. Meet on the north terrace outside of the Central Library's Rundel Memorial Building, on the corner of Broad and South. Explore the new Rochester Heritage Trail, from the Genesee River west to the Susan B. Anthony Historic District

**Historic Corn Hill:** August 28, 6 p.m. Meet at the WaterSpirit sculpture on Exchange and Plymouth South. Walk highlights include 18th and 19th Century homes, the city's oldest African American church and historic music venues along Clarissa Street.

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City of Rochester, NY
*Lovely A. Warren, Mayor*
*Rochester City Council*

# Activities on the water

**Monday-Saturday, Beginning April 28: Adult Rowing Classes.** GWC programs are open to anyone 18 and over. On-the-water sweep and sculling programs for beginners, recreational, intermediate and competitive athletes are held throughout the spring, summer and fall. Join the hundreds of people who row with Genesee Waterways Center. www.geneseewaterway.org

**13th-Annual National Learn to Row Day:** June 7, 10 a.m. to 3 p.m. Brought to you by the Genesee Waterways Center and sponsored by USRowing and Concept2 will take place at the Pittsford Indoor Rowing Center and the Genesee Waterways Center. Adults and kids ages 14 and older are invited to drop by and give rowing a try. Come out and experience the joy of rowing. www.geneseewaterways.org

**Youth Whitewater Kayaking Clinics:** Monday - Friday, Beginning June 9: The Genesee Waterways Center's Lock 32 Whitewater park summer clinics teach kids and teens to excel in one of the fastest growing water sports in the country. Information: www.geneseewaterways.org.

**10th-annual Armond Bassett Canoe and Kayak Race:** July 5. A NYMCRA race. New York Marathon Canoe Racing, Inc. (NYMCRA) is an association of canoe racers and race organizers that exists to improve and increase the activity of marathon canoe & kayak racing. Open to the public. Registration at www.geneseewaterways.org

**10th-annual GWC Lockapalooza at the Lock 32 Whitewater Course in Pittsford:** August 16. Free kayaking instruction for participants, organized races, and freestyle competition. 328-3960. www.lockapalooza.com

**18th Annual Rochester River Challenge:** September 13. Genesee Waterways Center in Genesee Valley Park. An inclusive community and Wounded Warrior Disabled Sports event celebrating the sport of outrigger canoeing. It is a full-day affair attracting paddlers to the Genesee River to compete in 400m sprint races. Team up with family, friends, or co-workers for this unique and fun day on the Genesee River! This event is run by a local non-profit organization, Cape Ability Outrigger Ohana, which specializes in providing outrigger canoeing opportunities for individuals of all abilities. For more information or to register: www.adaptivecanoeing.org

**The Head of the Genesee Regatta:** October 4 - 5. A two-day event that offers rowing and sculling races for scholastic, collegiate, Masters and corporate crews. The regatta coincides with the City of Rochester's River Romance Weekend! Spectators welcome. www.geneseewaterways.org

**River Romance Canoe and Kayak rentals:** October 4 - 5, 9 a.m. to 4 p.m. Provided by the Genesee Waterways Center available during River Romance Weekend at the Turning Point Park landing. Turn east on Boxart Street. off Lake Ave., right turn to parking lot, then walk down to Genesee River boardwalk. Fees: $15 per hour; $25/2 hrs., $40/day.

# City Parks & Neighborhoods: A perfect backdrop for outdoor fitness activities

**Run the Roc, Tri the Roc, Du the Roc: UNITY HEALTH SYSTEMS FLOWER CITY CHALLENGE PRESENTED BY FLEET FEET SPORTS**

**Saturday, April 26: SMP Rochester River Challenge Duathlon & Paddle Triathlon,** Genesee Waterways Center. Events for all fitness levels. Registration 6 a.m., race starts 7:30 a.m. www.FlowerCityChallenge.com.

**Sunday, April 27: Unity Health Systems Rochester Flower City Half Marathon and Wegman's Family 5K.** Registration 6 a.m., race starts at 7:45 a.m. Be part of this fun family fitness event. Races start/finish at the War Memorial. www.FlowerCityChallenge.com.

**Pumpkins in the Park 5K & Kids Races Benefits the Rochester Youth Sports Foundation Supporting Rochester Youth Sports Organizations**

**Saturday, October 25 At Cobbs Hill Park.** USATF Certified 5K race begins at 9 a.m. Youth race at 9:45 a.m. Meet at Cobbs Hill Lake Riley Lodge, Norris Dr. off Culver Rd. Celebrate fitness with your family and friends while supporting city youth sports. Kids distances include quarter-mile, half-mile and mile. On-line preregistration at www.yellowjacketracing.com. Also visit: www.tjyouthsportsfoundation.org

**Other charity runs/walks in Rochester:**

**Rochester River Run 5K:** April 6. To benefit transplant patients and their families at Strong Memorial Hospital. Genesee Valley Park Roundhouse, 8:30 a.m. check-in, 10 a.m. start.

**MS Walk to benefit the National Multiple Sclerosis Society:** May 4. (1, 2 and 5 miles). Genesee Valley Park, 9 a.m. start. Information: 271-0805 or www.msupstateny.org.

**Pink Ribbon Run & Family Fitness Walk to benefit the Breast Cancer Coalition of Rochester:** May 11. Genesee Valley Park (new location), 9 a.m. start, Information: 473-8177 or www.bccr.org.

**Medved Lilac 10K & 5K Family Fun Run at Highland Park:** May 18. 5K begins at 8 a.m., 10K begins at 9 a.m. Information: 248-3420 or www.medvedrunwalk.com

**Great Strides Walk to benefit the Cystic Fibrosis Foundation:** May 18, 11 a.m. start. Genesee Valley Park, 10 a.m. check-in. Information: 1-800-344-4823 or www.cff.org

**11th Annual Stepping Out to Cure Scleroderma Walk:** June 7. The Greater Rochester Scleroderma Support Group & the Tri-State Chapter of the Scleroderma Foundation. Seneca Park Longhouse Shelter. Information: 1-800-867-0885 or www.sclerodermatristate.org

**Northeast Family Fitness Walk:** June 7, 10 a.m. El Camino Trail. All proceeds benefit the Conkey Cruisers. Information: www.conkeycruisers.org.

**The Fast & The Furriest®:** June 7. 10K begins at 8 a.m., 5K begins at 8:15 a.m., Dog Walk begins at 10:30 a.m. to benefit the Rochester Animal Services and the Verona Street Animal Society. Brown Square Park. Information: 727-2533 or www.cityofrochester/TheFastandTheFurriest

**Medved 5K to Cure ALS at Frontier Field:** June 15th. Information: 248-3420 or www.medvedrunwalk.com

**Jungle Jog 5K & Seneca Park Mile:** July 20. Lower Seneca Park and Seneca Park Zoo. 5K at 8:15 a.m., and Seneca Park Mile at 9:30 a.m. Information: 336-7202 or www.senecazoo.org.

**AIDS Red Ribbon 5 -Day Ride:** August 20 -24. All proceeds from the event support Trillium Health (formerly AIDS Care) efforts to help those infected and/or affected by HIV/AIDS. Information: www.aidsredribbonride.org

**Ovarian Cancer 5K Run & 1-MileFun Run/Walk:** September 7. Monroe Community College. Information: 469-5727 or www.cancerwellnessconnections.com

**George Eastman House Photo Finish 5K:** September 27. Information: 271-3361 x291 or www.eastmanhouse.org.

**Kidney Walk to benefit the National Kidney Foundation serving Upstate New York:** October 5. Frontier Field. Information: 697-0874 x30 or www.kidneywalk.org.

**Zombie 5K Run & Walk:** October 5. To benefit the Make a Wish Foundation. Starts at 9 a.m. at Hamlin Beach State Park. Information: 967-4601 or www.pcr-timing.com

**Walk to End Alzheimers:** Saturday, October 11. To benefit the Alzheimers Association. Corn Hill Neighborhood, 9 a.m. registration. Information: 760-6404 or www.alz.org/rochesterny.

**Flower City Garden Contest:** The efforts of hundreds of dedicated city gardeners have been recognized over the past 20 years through the Flower City Garden Contest. Any gardener may nominate his/her own garden or a neighbor's garden. Recognition and prizes are awarded in several categories, including: 1) Best Use of Container Gardening 2) Best Use of a Water Feature 3) Best Educational Garden 4) Best Community Enhancement Garden 5) Best Wildlife/Butterfly Habitat Garden, 6) Most Interesting Use of Art in the Garden, 7) Most Colorful Garden, and 8) Best Urban Farm/Garden. To register your garden: http://www.cityofrochester.gov/gardencontest. Deadline for 2014: August 1st.

## Gardens and Trails Benefit from Volunteer Involvement

**Arbor Day Celebration:** April 25, 11 a.m. A nationally-celebrated event recognizing the significance of trees to the health of communities. Named a "Tree City USA" for 30 consecutive years, the city of Rochester maintains and manages thousands of city-owned trees and participates in an Arbor Day tree-planting event each year. Join the City of Rochester and Monroe County in the 2014 celebration at Mount Hope Cemetery. Information: 428-6770.

**National Kids to Parks Day:** May 17. A national movement to connect youth with nature and provide opportunities to explore the natural environment in their own backyards. Consider taking the youth in your life to a park in your neighborhood. Check out www.cityofrochester.gov/kidstoparks for fun ideas and activities to help you explore one of Rochester's amazing parks!

**Flower City Kids Picnic and Planting Day:** June 6, Ontario Beach Park, 10 a.m. to 2 p.m. Thousands of Rochester students plant flowers they started in their classrooms at Ontario Beach Park. Interested in volunteering for the event? Call 428-6770 to sign up.

**National Trails Day celebration at El Camino Trail:** June 7, 12 to 3 p.m. The Genesee Land Trust and Project Hope will celebrate Trails Day along El Camino Trail with walking, food, games, music near the playground. Location: Corner of Clifford Ave. and Conkey Ave. www.geneseelandtrust.org.

## Keeping Rochester clean and green! Volunteers Care for the Environment

**Clean Sweep!** May 3, 8 to 12 p.m. Register for Clean Sweep and stay for the game! This year, the City of Rochester has teamed up with your Rochester Red Wings to offer vounteers a FREE ticket to the Lousville game at 1:05 p.m. Visit www.cityofrochester.gov/cleansweep.

**Rochester Blossoms!** May 17, 7 to 9 a.m. Thousands of flowers are planted throughout the City's parks and gardens during this citywide volunteer effort. Interested in receiving plants for your neighborhood or community garden? Email Scotts@cityofrochester.gov or call 428-8820 for a registration form. PRE- REGISTRATION REQUIRED by Friday, May 9.

**Perennial Swaps:** In conjunction with the pickup of flowers that were reserved by volunteers in community gardens, there will also be a Perennial Swap. Bring labeled divisions, seeds, pots and other gardening supplies that others could use.

**The 29th Annual International Coastal Cleanup:** September 13 & 20. Recognizing the importance of our natural resources, the Rochester area again joins this international effort. On foot, by boat, canoe or kayak, volunteers will clean up the area's waterways. For locations such as Genesee Valley Park, Turning Point Park, Seth Green Drive and others call 428-6770.

## More gardening events held in the Rochester area

**41st Upstate New York Bonsai Exhibition:** May 17 - 18. Monroe Community Hospital (corner of East Henrietta Rd. and Westfall Rd.) www.bonsaisocietyofupstateny.org

**Monroe County Fair:** July 31 - August 3. Information: www.mcfair.com.

**20th Annual Gathering of Gardeners:** September 13. Will be held at the Eisenhart Auditorium (657 East Ave.) Featured guests will include: David L. Culp, Plantsman and Garden Writer and Elizabeth Licata, Garden Designer and Editor. www.GatheringofGardeners.com.

**4th Greentopia Festival in the Historic High Falls District:** September 9 - 14. The Greentopia Festival is Rochester, New York and the Finger Lakes' celebration of the green movement sweeping around the globe. This interactive festival will include an expanded film festival, great outdoor musical and other creative events for 2014. www.GreentopiaFest.com

### Cornell Cooperative Extension of Monroe County

**Look for the Master Gardeners' Annual Plant Sale** during the Lilac Festival (May 9-18), and their Gathering of Gardeners' Symposium on September 13. For more information: check www.cce.cornell.edu/monroe or call 461-1000 ext. 0.

**Garden questions?** Contact the Garden Helpline at Cooperative Extension, 473-5335, staffed by Master Gardeners: April to October, Mon. – Fri., 9 to 12 p.m. and November to March, Mon.-Wed.-Fri. 9 to 12 p.m.

## Neighborhood Garden Tours New for 2014!

There are so many amazing gardening efforts taking place in the city of Rochester. Dedicated community groups, neighbors and organizations give of their time and energy to help Rochester bloom! The Neighborhood Garden Tours series will provide an opportunity for community members to explore gardens in neighborhoods across the city, learn about gardening projects and meet fellow neighbors and gardeners.

The complete Neighborhood Garden Tours schedule will be available by June 9 at www.cityofrochester.gov/neighborhoodgardentours

## A bouquet of thanks to our sponsors and partners

Major corporate sponsorship of the City's Flower City Looking Good Program for Gardeners and Environmentalists is provided by MVP Health Care, Wegmans and City Newspaper. Thanks also go to the following supporters and partners: American Littoral Society, Community Water Watch, Cornell Cooperative Extension of Monroe County, Fleet Feet Sports, Friends of Mount Hope Cemetery, Frontier Telephone Pioneers, Genesee Brewery, Genesee Corridor Business Assoc., Genesee Valley Recreation and Parks Society, Genesee Waterways Center, High Falls Business Association, Lower Gorge Explorer Volunteers, Maplewood Neighborhood Association, Ontario Beach Park Program Committee, Parks and Trails New York, Rochester AmeriCorps, Rochester Bicycling Club, Rochester Civic Garden Center, Rochester Public Market, SportsNet.

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## What goes great with outdoor activities? Recreation on the Move!

The **Recreation on the Move** mobile recreation center brings all the fun of City Recreation Centers right to city neighborhoods! Learn about the many safe, healthy and educational activities that City Recreation has to offer. The mobile unit gives youth and their families a comfortable neighborhood location to enjoy physical, mental and healthy activities!

**Sponsorship:** If your organization is interested in sponsoring Recreation on the Move, contact Jim Farr at farrj@cityofrochester.gov, or at 428-6866.

**For More Information:** Call 311, or contact Coordinator Shannon Grieve of the Bureau of Recreation at 428-6985.

Recreation on the Move

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***www.cityofrochester.gov/reconthemove***