

Niagara Frontier Bicycle Club, Inc.
NFBC NEWSLETTER

April, 2010

Celebrating 40 years of club riding

Volume 41, Issue 2

Dates to Remember

- April 12, daily rides begin
- May 30, Spring in Provence trip
- June 25-27, Batavia/Mumford trip
- July 10-14, Oberlin, Ohio trip
- July 29-Aug. 2, New York/PA trip
- August 22, CAN-AM
- August 28, Club Picnic

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www.nfbc.com

Updates: Daily Rides Begin April 12

The regular "day of the week" morning and evening rides will begin on **Monday, April 12.**

The NFBC riding season began on March 14, a wet, cold, windy day. As 3 hardy riders headed out in the rain, Pat Danaher was heard to say "Let's get out of here before this doesn't seem like such a good idea anymore."



L. to R., Pat Danaher, Debbie Matteliano, and Steve Pusatier on the first ride of 2010.

The CAN-AM Committee

needs YOU... to volunteer! Contact CAN-AM committee chair Linc Blaisdell (linc43@roadrunner.com) to volunteer; there are important jobs to do before and/or during the ride. The CAN-AM web site is up and running. The CAN-AM is scheduled for **Sunday, August 22.**

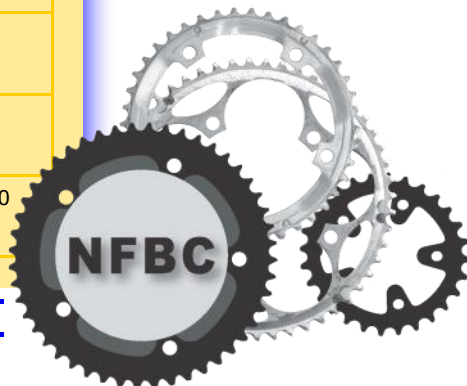
The day and location of the NFBC Annual Picnic has been changed; it will now be held on **Saturday, August 28 in Elma Meadows.**

Welcome to nfbc@yahoo.com!

NFBC is working to update electronic communications within the club, and will begin with the introduction of a news group called nfbc@yahoo.com. The IT Committee (Dennis Powell, Chair, and Brenda Fischer, Jean Frederick, Colin Fritz, Elaine Rubenstein, Roy Tocha, and Ron Wakefield) compared newsgroups and decided on Yahoo Groups. Roy has started sending email invitations to club members to join the new yahoo group, with the expectation that the group will be fully operational by May. Members who don't respond to the invitations can still be manually added to the group.

The new Yahoo group will replace and expand on "Roy-mail." In the past, Roy maintained an e-mail list gleaned from membership applications, and as a result, all electronic club communications were channeled through him. Over time, the e-mail list approach became unwieldy, with associated problems, so the IT committee sought an alternative.

When the new "group" is operational, any club member with an e-mail address can receive and post messages to nfbc@yahoo.com. Time-sensitive communications from the President, Board members, or Ride Committee members, which in the past had to be sent through Roy, can now go directly to club members. Any club member with important information about upcoming rides (reports of road work for example) can post such information to the group. See related stories on pages 4 and 5.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

APRIL 2010 WEEKEND
RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Ride Leader
Sat Apr 3	11:00 AM	305	Maple Country Ride	35 / 23	XD/Mod	3100/1500	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39, Turn L on Church St. Parking Lot is one block on the right. Arcade	Ron Wakefield 877-2140
Sat Apr 3	11:00 AM	743	Dandee Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich. Clarence Ctr.	Liz Williams 759-8353
Sun Apr 4 <i>Easter</i>	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	750	Westwood Park, Erie St & Pavement Rd., Lancaster	Brenda Fischer 683-3961
Sat Apr 10	11:00 AM	382	New Ride from Westwood	35 / 27	Easy	0	Westwood Park, 175 Pavement Rd at Erie St., Lancaster	Diane Currie 601-7390
Sun Apr 11	11:00 AM	709	Toy Town Tour	35 / 28	M-D/Mod	1800/690	Public lot north of Main St. Off Pine, East Aurora	Gwen Macool 560-0218
Sun Apr 11	11:00 AM	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Jim Karnath 688-2968
Sat Apr 17	11:00 AM	228	Four Way Split	35 / 24	MD/Mod	1650/800	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Ron Kalka 570-1319
Sat Apr 17	11:00 AM	98	Lockport Marina Ride	31	Easy	NA	Williamsville N. H.S. (Hopkins & Dodge). Amherst	Betsy Dexheimer 585-343-5172
Sun Apr 18	11:00 AM	739	Millgrove Meander	34 / 25	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich, Clarence	Tom Barone 240-9926
Sun Apr 18	11:00 AM	271	Java Lake Ride	39	Diff	2850	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Pat Danaher 310-8136
Sat Apr 24	10:00 AM	205	Multiple Choice -A	31	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	Jean Frederick 692-3611
Sat Apr 24	10:00 AM	206	Multiple Choice -B	61	MD	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	Jean Frederick 692-3611
Sat Apr 24	8:00 AM	207	Multiple Choice -C	100	XD	1700	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	Colin Fritz 510-4893
Sun Apr 25	10:00 AM	365	Around Grand Island	25	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds. Grand Island	Karen Sprada 684-9039
Sun Apr 25	10:00 AM	130	West Falls-Backcreek	37 / 33	MD	1800/1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Linda Kalka 570-1319
Sat May 1	10:00 AM	362	Clarence to Alden	43 / 25	Easy	600/300	Clarence High School, Main St. at Gunville Rd., Clarence	Karen Sprada 684-9039
Sat May 1	10:00 AM	338	Hunter's Creek	31 / 23	Diff/Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales Hollow	Pat Danaher 310-8136
Sun May 2	10:00 AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 675-1944

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XDD = Extra Extra Difficult

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Dennis Powell, 691-6233
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

OFFICIAL PARTY RULES

For members of the NFBC, biking is number one, followed by socializing with friends. Get-togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend supply a reasonable dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed partygoer and do your share to make these get-togethers continued successes for the club.


NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

APRIL 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid blue; padding: 5px;"> <p>Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in italics.</p> </div>				1	2	3
						Maple Country Dande Farms
4	5	6	7	8	9	10
Darien Lake St. Park						New Ride from West-wood
11	12	13	14	15	16	17
<i>Buffalo 9AM</i> Toy Town Tour Lockport-Pendleton	<i>N.Tonawanda 10AM</i> Clarence 6PM E.Aurora 6PM	<i>Tonawanda 10AM</i> Pendleton 6PM Hamburg 6PM	<i>Orchard Park 10AM</i> Swormsville 6PM Orchard Park 6PM	<i>Lancaster 10AM</i> Pendleton 6PM Orchard Park 6PM	<i>Clarence 10AM</i> Amherst 6PM Elma 6PM	<i>Amherst 9AM</i> Four way split Lockport Marina
18	19	20	21	22	23	24
<i>Buffalo 9AM</i> Millgrove Meander Java Lake	<i>N.Tonawanda 10AM</i> Clarence 6PM E.Aurora 6PM	<i>Tonawanda 10AM</i> Pendleton 6PM Hamburg 6PM	<i>Orchard Park 10AM</i> Swormsville 6PM Orchard Park 6PM	<i>Lancaster 10AM</i> Pendleton 6PM Orchard Park 6PM	<i>Clarence 10AM</i> Amherst 6PM Elma 6PM	<i>Amherst 9AM</i> Multiple Choice
25	26	27	28	29	30	
<i>Buffalo 9AM</i> Around Grand Island West Falls-Backcreek	<i>N.Tonawanda 10AM</i> Clarence 6PM E.Aurora 6PM	<i>Tonawanda 10AM</i> Pendleton 6PM Hamburg 6PM	<i>Orchard Park 10AM</i> Swormsville 6PM Orchard Park 6PM	<i>Lancaster 10AM</i> Pendleton 6PM Orchard Park 6PM	<i>Clarence 10AM</i> Amherst 6PM Elma 6PM	<i>Amherst 9AM</i> Clarence to Alden Hunter's Creek

Guidelines for the new nfbc@Yahoogroups.com

As you begin to use the new nfbc@Yahoogroups.com, please keep in mind the guidelines developed by Dennis Powell and the IT Committee.

The purpose of this list is to disseminate NFBC-related, time-sensitive information about rides and NFBC social activities (Ride parties, for instance). Posts to the list should be information of interest to most or all NFBC members. Please keep your posts on topic and brief. Comments about NFBC rides are OK. Comments about what you're having for dinner today would not be OK.

Refrain from using any profanities, vulgarities, or language that may be offensive to other list members.

Be courteous when responding to someone else's post. If you disagree with a comment and wish to express this on the list, reply politely.

This list is NOT to be used for any commercial purposes. A private seller may advertise a bike they wish to sell but a bicycle business should NOT announce that they have a bike sale this weekend.

Email attachments, such as pictures, are disallowed. You may post pictures at Yahoogroups on the web page set up for NFBC. You will have to set up an account with Yahoo to do this.

You are automatically set up to receive each post to the list as an email. Other options available are to receive a once per day digest of all the postings for a given day, only receive 'official' messages from list moderators (Roy and others) as emails, or read all messages on the web at yahoo groups. For now, we suggest you stick with the default settings, and only choose one of the other options if the chatter from the group rises to an uncomfortable level (which we think is unlikely). In that case, you can change the settings yourself if you have a yahoo account, or ask one of the moderators to change it for you.

The **NFBC Newsletter** will continue to provide the official version of ride schedules and related information, but if last-minute changes concerning ride starts are necessary, The Ride Committee members are the only acceptable source for any last-minute changes. The ride leader should contact a Ride Committee member who will subsequently post that information to the group.

Remember that at this time there are still many club members who check email infrequently or not at all, or who choose not to join this group, or not to receive email from the group. Because of this, publication in the **NFBC Newsletter** is still the only way to be certain that information reaches all members.

How to use the new [NFBC@yahoogleroups.com](mailto:nfbc@yahoogleroups.com)

by Dennis Powell

Why are we doing this?

Everyone who's been a member of the NFBC for more than a year is familiar with messages sent by our membership chairperson, Roy Tocha. These are usually important club announcements or items that may be of interest to NFBC members. Roy's email messages are trusted because they are usually vetted through the Ride Committee and/or the Board of Directors. There have been, however, some problems: When Roy is out of town, or for any other reason unavailable, there is no one else who can use Roy's email list. Often, Roy's emails contain information copied-and-pasted from another source. The message conveyed may be out of context and confusing. There is no recourse for the reader to ask questions about the information item for clarification. At times, a problem will become evident regarding a ride scheduled in the very near future where trying to get an update out through Roy isn't timely enough.

Many folks in the club have had the experience of being on the "Seebybike" email group. This has been an "unofficial" newsgroup where folks can chat about rides, schedule pickup rides and sometimes pass along tidbits of information that might be of interest to other cyclists and club members. It has the benefit of the ability of anyone to make a post to it. While unofficial, some people have elected to make posts here that might have been good for Roy to send out to the NFBC. Seebike has only a small proportion of NFBC members as subscribers. Roy often picks up the messages from Seebike and sends them in the usual Roy-mail way.

For these reasons, we are initiating the use of nfbc@yahoogleroups.com as the club's means of electronic communication, replacing Roy-mail. Roy is one of the moderators on this new group and will continue to provide some of the important updates for the club. However, others will provide important updates as well, and you now have the ability to respond to Roy's emails and ask questions, or if you have better information, augment and clarify Roy's emails.

How to make a post:

From the email account you entered on your NFBC membership form, in the "To:" field of your email program, type nfbc@yahoogleroups.com. Type in your message and send it. It will be distributed to the entire membership.

How to reply to a message on nfbc@yahoogleroups.com:

When you click on "Reply" in your email program, nfbc@yahoogleroups.com will automatically be in the "To:" field. In the "cc" field (carbon copy) will be the original poster's email address. If you wish to send this message to just the original poster and not the entire NFBC membership, delete nfbc@yahoogleroups.com from the "To:" field and cut-and-paste the original poster's email address from the "cc" field and paste it into the "To:" field. Note that many email programs will send messages with just the "cc" field filled in, so the cut-and-paste exercise may not be necessary in all cases.

Options for receiving email from nfbc@yahoogleroups.com:

If you have an account with Yahoo!, you can set options on how you want to receive emails from the NFBC group. By default, you will get an email whenever someone makes a post to the group. You can have it so you can get your messages in "digest" form. What that does is all the posts throughout the day are collected and sent only once. You get one email that has all the posts for the day in it. On the minus side, you may miss timely information using digest mode. It might be better to set up a folder for NFBC in your mailer and set up a filter to put those emails in that folder.

You can elect to receive only posts made by moderators. The plus side of this is most of the emails you will see are official NFBC information. However, a moderator may take his "moderator" hat off and reply to a post that some other NFBC member made, and you'd miss part of the conversation, so this could be confusing. You might also miss timely information from other club members.

Message posts are available on the Yahoo! web site. You can elect to view all the nfbc@yahoogleroups.com messages there. Old messages will also be archived on the site.

Yahoo groups web site:

We have disallowed attachments, such as pictures or other non-text information, to email posts to nfbc@yahoogleroups.com. The reason is email attachments are a common way for hackers to insert programs that can cause harm to your computer or others. The person sending a picture may not know his or her computer is infected. Instead, with a Yahoo! account, you can post pictures on the space set aside for NFBC on Yahoo!. There is no cost in setting up a Yahoo! account.

General Rules for NFBC Club Mileage

In recent years, the NFBC Board of Directors has fielded questions about counting mileage for various special rides: charity rides, trips, excursions, and so on, and more rarely, about abuses of the existing system. The Board discussed these issues, and on February 10, 2010 the following revision and clarification of the NFBC mileage guidelines was approved. The Editor

1. The NFBC mileage awards are just that--club mileage awards.
2. Each club ride must be listed in the club newsletter. Our ride season extends from mid-March until October 31st. Most of the club rides will be the regular weekday and weekend rides established by the Ride Committee.
3. In addition to the club rides, the scheduled club trips will count for mileage. The Board of Directors will establish the club trips at the beginning of each ride season.

Club trips are those trips organized by a member or members of the club who do the bulk of the planning—destination, dates, accommodations, rides, etc. Such trips, if approved by the Board, will count for club miles as long as one of the trip leaders is responsible for recording those miles on the standard ride sign-in sheets and turning them in to the club at the conclusion of the trip.

Trips organized by other clubs or organizations that are attended by a group of club members will not count for mileage. These trips are not designed primarily to provide a social and athletic activity for NFBC members.

Club trips typically take place within the geographical radius of a day's drive so that many members of the club will have the opportunity to join such trips. NFBC members design these trips to provide a social and athletic activity for our members. Club trips are not bicycling trips whose primary purpose is travel and sightseeing.

4. Charity rides, special interest rides, rides with associated clubs or organizations, while very worthwhile and encouraged by the club, will not be considered for club mileage—even if appearing in the club newsletter. Their primary purpose is not to provide a social and athletic activity designed by club members for club members. An exception might be those rides that the NFBC designs to establish a connection with another club. Furthermore, club miles will not be awarded for club social activities that do not involve bike riding.

5. For all rides, the only mileage that will be allowed is the mileage that the ride leader places on the top of the sign-in sheet. Many weekend rides and some evening rides are published as dual or triple distance rides. Each of these various rides is a group activity with a specific route (map and/or cue sheet), depart-

ture time, and distance. To obtain mileage, a rider must ride the proper distance along the proper route, having started with the group at the designated departure time. Minor allowances caused by a rider's arriving slightly late may be made as long as the rider catches the group and does most of the ride with other members. However, there is no mileage credit for an individual rider's customized distance ride or non-published starting time for the ride. Exceptions for road closures, weather problems, or equipment failure are allowed.

6. All club members must sign in on the NFBC sign-in sheet available from the ride leader at the start of each ride. The member must sign and include his or her legible membership ID number on the sheet. The club is under no obligation to puzzle out whose signature is there or to search for the ID number. Each club member is responsible for listing the correct number. Members unsure of their ID numbers should contact the membership chairman.

7. Only NFBC members in good standing will be eligible for mileage awards or accumulation of mileage for the lifetime accumulated mileage totals. Members concerned about their standing should make sure that their membership is current by renewing prior to the start of the riding season.

HORSEY 100 Georgetown, Kentucky

May 28-30

This weekend is hosted by the Bluegrass Cycling Club. It is staged at Georgetown College, 10 miles North of Lexington in the heart of horse country. Ride by many spectacular horse ranches. Rides are typically easy rolling to rolling hills (MOD/M-D). The primary century ride takes place on Saturday. "Seagull century riders", take note. Multiple mileages are offered. Registration is \$50 for Sat and Sun. The Bluegrass people offer a ride on Friday (no cost). Google "Horsey 100, Ky". Site will take you to the Bluegrass Cycling Club's website with links to the registration form. Also, you'll find reviews from other clubs and photos. May is a great month in Kentucky! Everything is in bloom. Temperature, 70's into the 80's.

Alex invites you to join him in a great excursion opportunity for club members and friends:
"I already booked a room (4 nights, 27-30 May) at the Comfort Suites at 121 Darby Dr., Georgetown. It offers the best in quality and price. A large continental breakfast is included. On-line senior rate is \$71.99 + tax. It is located 1.7 miles from the campus (ride starts) and Main St." Alex

For more information, contact Alex Setlik:
alex.setlik@verizon.net

NIAGARA FRONTIER BICYCLE CLUB, INC. 2009 TREASURER'S REPORT

REVENUES	2009 Total	2008 Total	Variance from 2008	Budget 2010
Banquet	\$2,430.00	\$2,438.00	-\$8.00	\$2,450.00
Can Am	\$10,033.24	\$9,275.00	\$758.24	\$10,750.00
Jerseys	\$195.00	\$7,520.00	-\$7,325.00	\$0.00
Map Packs	\$465.00	\$324.00	\$141.00	\$460.00
Donation	\$7.00		\$7.00	
Membership Dues	\$8,535.00	\$7,900.00	\$635.00	\$8,500.00
Picnic	\$370.00	\$460.00	-\$90.00	\$400.00
Sales Tax Refund	\$1,059.21	\$0.00	\$1,059.21	
TOTAL REVENUE	\$23,094.45	\$27,917.00	-\$4,822.55	\$22,560.00
EXPENSES				
Adopt-a-Highway	\$130.60	\$227.65	-\$97.05	\$225.00
Awards	\$1,324.51	\$954.82	\$369.69	\$1,350.00
Bank Fees	\$21.09	\$262.73	-\$241.64	
Banquet	\$2,901.43	\$2,875.54	\$25.89	\$2,950.00
Can Am	\$11,481.39	\$7,567.67	\$3,913.72	\$10,000.00
Club Picnic	\$1,274.82	\$1,247.55	\$27.27	\$1,275.00
Donations	\$200.00	\$0.00	\$200.00	\$150.00
Dues (LAB, Adventure Cyclist)	\$155.00	\$150.00	\$5.00	\$155.00
General Membership				
Meetings	\$931.01	\$489.15	\$441.86	\$1,000.00
Historian	\$98.67		\$98.67	\$50.00
Insurance	\$663.05	\$671.99	-\$8.94	\$675.00
Jerseys	\$0.00	\$6,937.63	-\$6,937.63	
Map Packs	\$153.09	\$313.54	-\$160.45	\$150.00
Meet at the Museum	\$0.00	\$464.76	-\$464.76	
Membership	\$305.40	\$251.18	\$54.22	\$350.00
P.O. Box	\$44.00	\$42.00	\$2.00	\$45.00
Ride Committee	\$851.65	\$527.14	\$324.51	\$900.00
Sales Tax	\$228.00	\$348.86	-\$120.86	\$250.00
Spokesman	\$2,315.18	\$2,291.22	\$23.96	\$2,500.00
Sunshine	\$125.64	\$46.76	\$78.88	\$100.00
Supplies	\$12.26	\$21.14	-\$8.88	\$15.00
Website	\$419.40	\$454.35	-\$34.95	\$420.00
TOTAL EXPENSES	\$23,636.19	\$26,145.68	-\$2,509.49	\$22,560.00
TOTAL SURPLUS/ (SHORTFALL)	(\$541.74)	\$1,771.32	-\$2,313.06	\$0.00
Cash Balance - Beginning	\$4,083.35			
Cash Balance - Ending	\$3,541.61			
HSBC CD Starting Balance				
CD Interest				
CD Ending Balance				
Riverside Credit Union CD	\$6,764.54			
CD Interest	\$6.89			
CD Ending Balance	\$6,771.43			
Riverside Share Account	\$10.00			
Total Assets	\$10,323.04			

This publication of the 2009 Treasurer's Report represents a return to an earlier NFBC policy. The Editor

For more detailed descriptions of these club trips and excursion, look at your copy of the March issue of the NFBC Newsletter, or go to: <http://www.nfbc.com/NFBCNews/Mar10NFBCNews.pdf>

**May 30 to
June 10**

Spring in Provence

The price you pay includes your way on plane and train, the places you stay along the way, the bike you ride, tours of things old and new, morsels to feed your gustatory pleasures and surprises hosted by your guides.

Provence, France Price per person double is \$2995.00. The single supplement is \$550.00 Deposit is \$1500.00. Final payment is due April 10th. All funds are non-refundable once paid. For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com. To reserve your space, please use the reservation form included in this Newsletter.

June 25-27

Batavia/ Mumford War of 1812 Trip

This is designed with lots of flexibility and options - you can ride to Batavia, stop at the Octagon house or museum, or come up Saturday just for the day. Start location is Terry's house (750 Dodge Rd. Getzville) where parking will be available for the weekend. Sag wagon will transport luggage. First stop Octagon House in Akron, then lunch at Mary's Good & Plenty. Onward to the Best Western Hotel in Batavia where we will be staying (Friday is \$93.99 + tax, Saturday 84.99 + tax) **A block of rooms are reserved under "Terry Turski"; call 1-800-780-7234/585-344-8882 to reserve your room.**

Friday evening dinner TBD. Saturday - bike to the Genesee Country Village and Museum. (approx. 41 miles roundtrip). Admission is \$12.00 (62+), \$15.00 all others. War of 1812 Re-enactment, other demonstrations and activities. Have a nice lunch and head back to the hotel. Saturday dinner at Alex's Place for Steaks, Ribs & Seafood. Sunday leave for home (approximately 25 miles). Easy riding, easy schedule. Any questions email: tturski@aol.com or jeanbiket@msn.com **Let Terry or Jean know that you are joining the trip.** Deadline: June 13th. **JOIN US!**

Now is the time to get your reservations in for the NFBC trip to Oberlin, Ohio. We are finding more and more fun and exciting things to do in the Oberlin Area of Ohio. This weeks finds are Bike Shops and a Bike Co-Op on the Oberlin College Campus that is looking forward to having NFBC visit and see how their Bike Co-Op operates. No need to worry if anyone needs bike maintenance while in Oberlin. There is a Saturday Night drive-in movie for bicycles!

Oberlin, Ohio

July 10-14

Oberlin, Ohio Price per person double is \$255.00. The single supplement is \$200.00. Full payment is due with reservation. All funds paid are refundable until the 11th of May. There is a \$100.00 cancellation fee from the 12th of May to the 11th of June. After the 11th of June there will be no refunds. People reserving after the 11th of May must pay an additional \$25.00 per person. For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com. To reserve your space, please use the reservation form included in this Newsletter.

NY-PA EAST SMALL TOWN TOUR

4 nights, 255 miles, avg. M-D. Very scenic, quaint small town tour thru Wellsboro, Mansfield, Towanda, Sayre, Elmira, Corning, Bath, Hornell, Angelica, and Belmont. Ride the famous PA Route 6 corridor. Follow the Susquehanna and Chemung River from Towanda to Corning, and much more. Many great views to enjoy. Tour is van supported. Join us on this fabulous adventure.

July 29-Aug 2

Eastern NY-PA Price per person double is \$225.00. The single supplement is \$215.00 Full payment is due with reservation. All funds paid are refundable until the 29th of June, after which there are no refunds. Reservations received after the 29th of June incur an additional charge of \$25.00 per person. Space is limited to 16. For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com. To reserve your space, please use the reservation form included in this Newsletter.

Celebrating 40 Years of Riding Together

This year is the 40th anniversary of the founding of the NFBC (1970-2010). The 40th Anniversary Committee (Sue and Bob Alessi, Linc Blaisdell, Jean Frederick, Nancy and Roger Haberly, and Jim Vozga) is working on plans for current members as well as early members and the club founders to celebrate 40 years of riding together.

The weekend of **August 27** will be the focus of Reunion activities, tied in with the annual club picnic on **August 28**. The committee is currently searching for names, email and home addresses of early members who no longer ride with the club, or may have moved out of the area. They want to reach as many folks as possible to invite them back for the reunion weekend. The committee is also working on ways for current members to share the spirit of the

early NFBC during this anniversary year. Plans aren't yet definite, but the committee is hoping to reprise the "progressive dinner ride" that was so popular in years past.

For past, current, and future members, the committee is assembling memorabilia and documentation of the interesting and unique history of the NFBC.

Contact Nancy Haberly (haberlyn827@juno.com) or Jean Flinder Frederick (jeanbike1@msn.com, 716-692-3611) with ideas and suggestions for the August 27 Reunion Weekend, contact information about early members no longer in the club, or an opportunity to display your "early" club memorabilia and biking-related items.



Update on Silver Wheels Bicycle Club Visit

On the weekend of June 11, a group of cyclists from the Silver Wheels Bicycle Club of Lorain County, Ohio will be visiting our area. Silver Wheels is the group that is helping Tom and Sue Williams plan rides and host the NFBC trip to Oberlin July 10-14 (page 8). As the Silver Wheels riders cycle to our area, Tom Barone and Bob Ehrheart will meet them south of Buffalo to

lead them here. On Saturday, June 12, at the West Canal Marina, NFBC will host a picnic and share a ride with them. On Monday, June 14, Silver Wheels will ride over to Canada, with Tom Barone leading the way. If you would like to join in any of the planned activities, call Sue Williams (688-2981 or scwilliams46@roadrunner.com) for more information.



Tom and Sue Williams working with Silver Wheels Bicycle Club of Lorain County, OH

Reservation and Payment Form for Richard Lepie's NFBC Club Trips (Oberlin, Eastern NY-PA) and Excursion (Provence):

Name: _____	Name: _____
Address: _____ _____	Address: _____ _____
Telephone: _____	Telephone: _____
NFBC Number: _____	NFBC Number: _____
E-mail: _____	E-Mail: _____
Roommate if submitting separate forms: _____	

1. **Provence:** Double \$2995.00 Single \$3545.00 after April 10th Double \$3195.00 Single \$3745.00
2. **Oberlin:** Double \$255.00 Single \$455.00 after May 11th Double \$280.00 Single \$480.00
3. **Eastern NY-PA:** Double \$225.00 Single \$440.00 after June 29th Double \$250.00 Single \$465.00

Please circle trip or trips that this reservation form covers

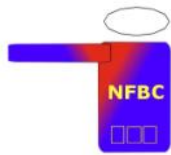
Please make checks payable to Richard Lepie and mail along with this form to:

Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031

Questions: e-mail Richard_suntreader@hotmail.com Voice: 741-2762

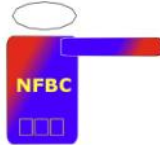
"LEFT TURN"

Extend your left arm horizontally to the left.



"RIGHT TURN"

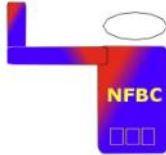
Extend your right arm horizontally to the right. **(Preferred)**



or

"RIGHT TURN"

Extend your left arm horizontally to the left, bend up at the elbow. **(Not as good)**



"SLOWING or STOPPING"

Arm out from the side of your body, palm facing towards traffic.



Safety tips, Part I...A beginning

This month's safety feature covers some general tips on safe bicycling. Next month we'll focus on group riding safety. Wear your helmet when cycling—it offers protection for your head in a crash or fall. Helmets, however, don't *prevent* accidents, but you can.

Be visible

Wear light colored clothing, especially at night. Reflective material or markings are especially important for night riding. Lights, front (white) and rear (red or amber,) are required by New York State for bicycles ridden ½ hour before sunrise and ½ hour after sunset; if you join the NFBC evening rides at certain times of the year, you will ride safer with lights. The lights should be visible 500 ft. to the front and 300 ft. to the rear; one of the two should be visible 200 ft. to each side as well.

Be predictable

Cyclists must obey the New York State laws that apply to all vehicles traveling

on the road; motorists and other cyclists expect this. Always ride with traffic, as far to the right as conditions allow. Obey all traffic signals, signs and pavement markings. If there is a bicycle lane, you should use it, except to turn left or if there are obstacles. Cyclists can ride side by side if conditions permit, but always single up when being overtaken by another bicyclist or vehicle, or if you are overtaking another cyclist. Use hand and verbal signals to let motorists and other cyclists know what you are planning to do.

Use signals

There are three basic hand signals (see diagram at left) that apply whether riding individually or in groups, left turn, right turn, and slowing or stopping, and several additional signals that are frequently used in group riding (see next month's article). Use them, along with the verbal signals.



Niagara Frontier Bicycle Club

BOARD OF DIRECTORS

President

Lincoln Blaisdell (479-9431)
4715 Ransom Road
Clarence, NY 14031
linc43@roadrunner.com

Vice-President

Jean Frederick (692-3611)
588 Sweeney Street
North Tonawanda, NY 14120
jeanbike1@msn.com

Secretary

Dennis Powell (691-6233)
1031 Tonawanda Creek Road
Amherst, NY 14228
powelldj@roadrunner.com

Treasurer

Kathy Karnath (688-2968)159
Wyeth DriveGetzville, NY
14068
kkarnath@seagatealliance.com

Board Members

Ian Currie (601-7390)
162 Nichter Road
Lancaster, NY 14086
Ian63@roadrunner.com

Brenda Fischer (683-3961)
11 Lake Forest Parkway
Lancaster, NY 14086
bfischer@moog.com

Cindy Stachowski (868-7005)
5828 Ainslee Lane
Lake View, NY 14085
csbikesalot@yahoo.com

Ron Wakefield (877-2140)
P.O. Box 237
Kenmore, NY 14217
ron.wakefield@verizon.net

Liz Williams (759-8353)
4614 Hampstead Drive
Clarence, NY 14031
brightbluesky9@aol.com

Membership Chairperson

Roy Tocha (627-7946)
11 North Eaglecrest Drive
Hamburg, NY 14075
rtocha@yahoo.com

Club Historian

Jim Vozga (741-9440)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

Newsletter Editor

Elaine Rubenstein (633-2133)
106 Summer Hill Lane
Williamsville, NY 14221
elaine_rubey1@yahoo.com

Newsletter Circulation

Sue and Bob Alessi
3637 Northcreek Run
Wheatfield NY 14120
salessi1@roadrunner.com

Print Form

NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:
1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.
3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.
 I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

Email 1 Email 2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:			Birthdate (if under 18)

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:
 NFBC Inc.
 c/o Roy R. Tocha
 11 N. Eaglecrest Dr.
 Hamburg, NY 14075-1807


In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
 - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
 - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
 - "Single Up"- telling the group that riders need to be riding single file
 - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
 - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
 - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
 - "Road Kill"- warning riders there is a dead animal in their path.
 - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
 - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
 - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



Campus WheelWorks

744 Elmwood Ave.
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