

# NFBC NEWSLETTER

## Dates to Remember

- April 3, WNYMBA Swap Meet
- April 11, "Day of the Week" Rides begin
- May 1, Trash and Treasure
- Aug. 14, Can Am 6
- Sept. 4, Club Picnic
- Nov. 18, Banquet

## Inside this Issue

|                        |     |
|------------------------|-----|
| Ride Schedule          | 2-4 |
| Non-riding events      | 4   |
| Safety Report          | 5   |
| Club Trips             | 6-7 |
| Treasurer's Report     | 8-9 |
| NFBC Jersey Order Form | 10  |
| Membership application | 11  |

[www.nfbc.com](http://www.nfbc.com)

## Daily Rides Begin Monday, April 11



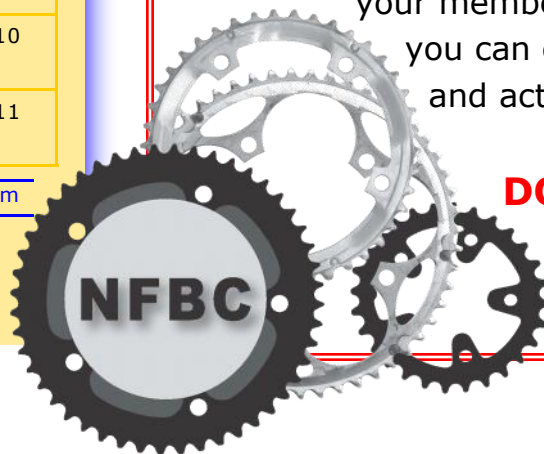
The NFBC 2011 Riding Season got off to a chilly, wet, but spirited start on the Sunday, March 13 St. Patrick's (Day) Ride. There were about as many NFBC non-riding well-wishers as there were riders at the start.

The regular "Day of the Week" rides will begin on **Monday, April 11**. Check the schedule on page 3 for start times and locations.

Volunteer to be a weekend Ride Leader. It's a great way to be more involved in the club and "share the load". You can find rides that don't have leaders yet on our website, or contact Dennis Powell ([powell.dennis.j@gmail.com](mailto:powell.dennis.j@gmail.com) or 691-6233).

Roy Tocha says: This could be your LAST newsletter, if you do not renew your NFBC membership now.

All 2010 memberships expired on February 28, 2011. Use the Membership Application on page 11 to renew your membership for the 2011 season, so you can continue to enjoy NFBC rides and activities.



**DON'T PROCRASTINATE!  
RENEW YOUR NFBC  
MEMBERSHIP TODAY!**



# NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

## APRIL 2011 WEEKEND RIDE SCHEDULE

| Date        | Time     | Ride # | Ride Name               | Miles   | Diffi-<br>culty | Eleva-<br>tion | Start Location  | Ride Leader                        |
|-------------|----------|--------|-------------------------|---------|-----------------|----------------|---|------------------------------------|
| Sat, Apr 02 | 11:00 AM | 743    | Dande Farms             | 34      | Easy            | 0              | Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich  | Gwen Macool<br>560-0218            |
| Sat, Apr 02 | 11:00 AM | 305    | Maple Country Ride      | 35 / 23 | XD/ Mod         | 3100/<br>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. | Ron Wakefield<br>877-2140          |
| Sun, Apr 03 | 11:00 AM | 713    | Darrien Lake State Park | 38 / 30 | Easy            | 750            | Westwood Park, Erie St & Pavement Rd., Lancaster  | Linc Blaisdell<br>479-9431         |
| Sat, Apr 09 | 11:00 AM | 169    | Elma - Marilla II       | 34 / 29 | Mod             | 0              | Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster  | Liz Skelton<br>759-8353            |
| Sun, Apr 10 | 11:00 AM | 742    | Lockport-Pendleton      | 38 / 32 | Mod/<br>Easy    | 1000           | Amherst Museum, Tonawanda Creek S at New Rd, Amherst  | Margaret Rock-<br>wood<br>361-0416 |
| Sun, Apr 10 | 11:00 AM | 709    | Toy Town Tour           | 35 / 28 | Mod             | ?/690          | Public lot north of Main St. Off Pine, East Aurora  | Elaine McClory<br>652-7681         |
| Sat, Apr 16 | 11:00 AM | 739    | Millgrove Meander       | 35      | Easy            | 0              | Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich  | Karen Sprada<br>684-9039           |
| Sat, Apr 16 | 11:00 AM | 917    | Orchard Park Day Ride   | 20 - 30 | 0               | 0              | Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park  | Frank Soltiz<br>937-6924           |
| Sun, Apr 17 | 11:00 AM | 98     | Lockport Marina         | 30      | Easy            | NA             | Williamsville N. H.S. (Hopkins & Dodge)   | Bob Alessi<br>694-0853             |
| Sun, Apr 17 | 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<br>310-8136            |
| Sat, Apr 23 | 11:00 AM | 701    | Panera Pedal            | 27/21   | Easy            | 0              | Amherst Museum, Tonawanda Creek S at New Rd, Amherst  | Tom Barone<br>240-9926             |
| Sat, Apr 23 | 11:00 AM | 341    | Hamburg to Collins      | 41 / 21 | Mod             | 1800/750       | Parking Lot behind fire hall across from 44 Long Ave, Hamburg   | David Gonzalez<br>652-7681         |
| Sun, Apr 24 | 11:00 AM | 747    | Williston Rd            | 39 / 30 | MD              | 2000/130<br>0  | Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster   | Lori Harf<br>601-7535              |
| Sat, Apr 30 | 11:00 AM | 717    | Indian Falls Trail      | 41 / 34 | Mod/<br>Easy    | 0              | Clarence High School, Main St. at Gunnville Rd.   | Karen Sprada<br>684-9039           |
| Sat, Apr 30 | 11:00 AM | 338    | Hunter's Creek          | 31 / 23 | Diff/Mod        | 2000/120<br>0  | Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales  | Loren Danaher<br>430-1600          |
| Sun, May 01 | 10:00 AM | 273    | Trash & Treasure Ride   | 33 / 24 | MD/Easy         | 1400/700       | Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park   | John Herman<br>698-8222            |

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

## DAY OF THE WEEK RIDE SCHEDULE

| DAY              | TIME | RIDE START   | RIDE LEADER  |
|------------------|------|--|--|
| <b>Monday</b>    | 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                                     |
| <b>Tuesday</b>   | 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<br>John Perry, 834-0938          |
|                  | PM   | Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg  | Matt Luly, 648-8988                                      |
| <b>Wednesday</b> | 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)                     | Peg Walker (741-4616), Gerry Russell and Jane Armbruster |
|                  | PM   | Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park                       | Frank Soltiz, 937-6924                                   |
| <b>Thursday</b>  | 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                                      |
| <b>Friday</b>    | 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                                    |
| <b>Saturday</b>  | AM   | Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst  | Marion Reslow, 833-3615                                  |
| <b>Sunday</b>    | 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.

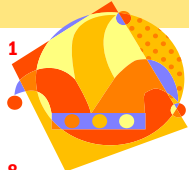
### NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) 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](mailto: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 to send a card from NFBC.

# APRIL 2011

| SUN  | MON  | TUE  | WED   | THU   | FRI   | SAT   |
|--|--|--|---|---|---|---|
| <div style="border: 1px solid blue; padding: 5px;">                     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.                 </div> |  |  |   |   |  |   |
| <b>3</b><br>Darrien Lake St. Pk.   | <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>  | <b>8</b>  | <b>9</b><br>Elma-Marilla II   |
| <b>10</b><br>Lockport-Pendleton<br>Toy Town Tour   | <b>11</b><br><i>N.Tonawanda 10 AM</i><br><i>Clarence 6 PM</i><br><i>E. Aurora 6 PM</i> | <b>12</b><br><i>Tonawanda 10 AM</i><br><i>Pendleton 6PM</i><br><i>Hamburg 6 PM</i> | <b>13</b><br><i>Orchard Park 10 AM</i><br><i>Swormsville 6 PM</i><br><i>Orchard Park 6 PM</i> | <b>14</b><br><i>Lancaster 10 AM</i><br><i>Pendleton 6 PM</i><br><i>Lancaster 6 PM</i> | <b>15</b><br><i>Clarence 10 AM</i><br><i>Amherst 6 PM</i><br><i>Elma 6 PM</i>       | <b>16</b><br><i>Amherst 9AM</i><br><i>Millgrove Meander</i><br><i>Orch.Pk. Day Ride</i> |
| <b>17</b><br><i>Buffalo 9AM</i><br>Lockport Marina<br>Java Lake Ride   | <b>18</b><br><i>N.Tonawanda 10 AM</i><br><i>Clarence 6 PM</i><br><i>E. Aurora 6 PM</i> | <b>19</b><br><i>Tonawanda 10 AM</i><br><i>Pendleton 6PM</i><br><i>Hamburg 6 PM</i> | <b>20</b><br><i>Orchard Park 10 AM</i><br><i>Swormsville 6 PM</i><br><i>Orchard Park 6 PM</i> | <b>21</b><br><i>Lancaster 10 AM</i><br><i>Pendleton 6 PM</i><br><i>Lancaster 6 PM</i> | <b>22</b><br><i>Clarence 10 AM</i><br><i>Amherst 6 PM</i><br><i>Elma 6 PM</i>       | <b>23</b><br><i>Amherst 9AM</i><br>Panera Pedal<br>Hamb. To Collins                     |
| <b>24</b><br><i>Buffalo 9AM</i><br>Williston Rd.   | <b>25</b><br><i>N.Tonawanda 10 AM</i><br><i>Clarence 6 PM</i><br><i>E. Aurora 6 PM</i> | <b>26</b><br><i>Tonawanda 10 AM</i><br><i>Pendleton 6PM</i><br><i>Hamburg 6 PM</i> | <b>27</b><br><i>Orchard Park 10 AM</i><br><i>Swormsville 6 PM</i><br><i>Orchard Park 6 PM</i> | <b>28</b><br><i>Lancaster 10 AM</i><br><i>Pendleton 6 PM</i><br><i>Lancaster 6 PM</i> | <b>29</b><br><i>Clarence 10 AM</i><br><i>Amherst 6 PM</i><br><i>Elma 6 PM</i>       | <b>30</b><br><i>Amherst 9AM</i><br>Hunter's Creek<br>Indian Falls Trail                 |

## Non-Riding Events with Benefits for NFBC Members

By Linc Blaisdell

Now that the season has officially begun, there are several NFBC-related NONRIDING events that I need volunteers for. We have been invited to participate in the WNYMBA annual bike swap, the EMS Club Days event, and the Buffalo Audubon Earth Day Festival.

Each event involves having a club volunteer or volunteers man a table to give out information about the NFBC. For the people who volunteer, I will provide NFBC cards which announce the web site where people can find out all the information that they need about our club as well as some copies of our Newsletter to look at. The volunteers would mention the various kinds of rides that we do and the way we schedule rides (frequency, location, difficulty, etc), and would answer questions raised by people who come to the table.

### 11th Annual Bicycle Swap Meet and Expo Sunday, April 3 - 10:00am - 3:00pm

WNYMBA is offering this event for families, commuters, fitness and sports riders, collectors, and bicyclists of all kinds to buy, sell or trade bicycle related items in preparation for the 2011 bicycle season. Local bicycle shops will display discontinued or close-out items, and good used equipment. Table space can also be rented by individuals to sell or trade parts and supplies. The SWAP includes the ever-popular Bike Corral where individuals can offer used bicycles for sale, and where anyone can find a great deal

on a used bike. Admission will be free for the general public, and there is plenty of free parking. Refreshments will also be sold.

### Eastern Mountain Sports Club Days Fri., April 8th and Sat., April 9th

EMS will offer club members amazing discounts on gear. It is also a great opportunity for clubs or organizations to promote themselves and receive donations from customers who would like to receive your discount that weekend.

### Buffalo Audubon's Earth Day Festival Saturday, April 16th from 10 AM to 4PM.

The goal is to promote "green" living, and what could be more "green" than getting people to embrace bicycle riding for commuting and recreation?

This fun and informative event will be held at the beautiful Nature Center in North Java from 10AM to 4PM. About 150 to 200 people will be attending to learn about the latest earth-friendly innovations - eager to do their part in helping to improve the health of the planet.

These events include benefits to club members! I try to schedule the Club Days volunteers in two-hour to four-hour shifts over the two days. The other two events are one-day events. Please consider volunteering to represent the NFBC at these activities. Contact me at [linc43@roadrunner.com](mailto:linc43@roadrunner.com) or call me at 479-9431.

## 2010 NFBC Accident Reports: The take-home message?

By Jim Vozga

After looking over the accident reports from last season, Linc asked me to write a short article regarding the findings. Well, the good news is that statistically there were no surprises. The bad news is that statistically there were no surprises. Going back to my old Effective Cycling and LAW days; the stats have stayed pretty much the same regarding "Club" cyclists. The percentage of bike/car incidents is so low it is almost immeasurable. The size of a group catches the eye of drivers rather than the lone cyclist not seen as drivers are dialing or texting. Remember, the one good thing about a driver who blows his horn at you (even if he does so obnoxiously) is at least you know he's seen you! Regarding the bike/car accidents that we had this year, the riders were isolated for some reason and were behind the group, so that stat still holds.

The next two categories are single bike and bike/bike. Single bike accidents result from the same group of conditions in most all incidents: pot hole, soft shoulder, gravel, dog, wet pavement, inside pedal hitting ground on turn, RR tracks, steel deck bridges, etc. Basically the accident results from the rider either being distracted so as to not notice a potential problem in time to avoid it, or not having the bike handling skills to get out of the problem once it starts. Only you can choose to not be a part of that statistic by being alert of the potential hazards as you ride. One of the old Effective Cycling tenets was, "Don't ride a bike - Drive a Bike." Never do on a bike what you wouldn't do in a car. So, if you try to use the same long view you do when driving your car you will avoid many problems that cyclists get themselves into by operating in a very small frame of reference that cycling seems to breed.

That leaves bike/bike accidents which result when riders fail to take into account the potential problems as they cycle around each other. This comes from such things as: sudden move to dodge hazard without considering the position of other riders, passing on the right, failure to take RR tracks at a right angle, stopping suddenly to fix something on their bike (loose/open pack, fallen water

bottle or pump) and are run into by a following cyclist who didn't know they were stopping or making a sudden move, and lack of communication in the pack. And the number one cause of accidents for club riders: wheel overlap; that wonderful sensation when your front wheel touched the rear wheel or chain stay of the rider in front of you and STOPS! You no longer have any steering or forward motion and down you go.

Someone once joked that, "It wasn't the fall that hurt, it was the sudden stop!" In most cycling accidents (except for that long slide on your hip from hitting gravel or wet pavement in a turn) the injuries result from the bike coming to an abrupt halt. Going from 15-20 MPH to 0 in about 12 inches will result in you demonstrating the physics principle you learned in the 7<sup>th</sup> grade: "Bodies in motion tend to remain in motion." Unfortunately what stops that motion is usually not soft grass but hard pavement. It sort of goes like this: if Jim Micket and I picked you up in the air to a height of about 4 feet, tipped you upside down and then dropped you to the ground; you would have the first result in a double blind study on how to achieve the following: fractured skull, broken collarbone, spinal injury, broken neck, broken wrist, etc. Now if we could somehow do that at a speed of 15-20 MPH we can now add in: skin removal, asphalt rash, twisted knees, teeth removal, etc. Not exactly the photo on the cover of a recent bike magazine of a young couple cycling on a beautiful summer day together in the countryside with great smiles on their face. Being keenly aware of the group is what separates the expert cyclist from someone who can just ride a bike.

Linc also asked me to remind the Ride Leaders that turning in the Accident Reports is VERY IMPORTANT! It is a condition of our insurance without which we could not operate as a club.

So, you will be a statistic. It's mostly up to you what kind you will be. Have a safe summer...see you on the road...

*Jim*



## NYS Cyclists and DenDekker's Bicycle License Bill

On March 3, 2011 State Assemblyman Michael DenDekker, a Queens Democrat, withdrew two bills that he had just introduced to the legislature on February 18. His bills, if approved, would have required every bicycle in New York State to have a license plate. The registration and inspection fee would have cost \$25 for "private" bicyclists and \$50 for "commercial" bicyclists (eg. messengers), with a \$5 fee every subsequent year to renew the license. DenDekker's bills were motivated by his constituents' complaints about unsafe bicyclists in his district, and his resolve that cyclists be held accountable for their actions, much like drivers of motor vehicles are.

Many cyclists and parents of cyclists across the state raised their voices (and emails) in protest. To his credit, DenDekker listened to the protests of people from outside his district and throughout the state, and responded by withdrawing the bill. Before we get too comfortable with our apparent success, it's important to remember that the problems that initially concerned DenDekker and his constituents haven't been resolved or even addressed, and similar bills are likely to pop up again. Cyclists who run red lights, are aggressive with pedestrians and motor vehicles, and so on, are the problem; enforcement of existing laws may be a better solution.

## Leesburg, Virginia Club Tour June 30-July 4, 2011

Please mail your reservation form as soon as possible, as there are only a limited number of rooms. The fees for the trip include hotel, daily breakfast, ride maps, parties, entertainment and special events. Trip insurance

is available – please call during working hours. Full payment is due with reservation. All funds paid are refundable until the 15<sup>th</sup> of May. There is a \$100.00 cancellation fee from the 16<sup>th</sup> of May to the 29<sup>th</sup> of June. After the 29<sup>th</sup> of June there will be no refunds. People reserving after the 15<sup>th</sup> of May must pay an additional \$25.00 per person.

Experience Virginia's culinary and historical treasures just 25 miles from Washington D.C. in Loudoun County. Alex is back and has planned some fantastic rides, through some of the most scenic areas in the Eastern US, including charming towns and villages steeped in history. We will be staying at the Best Western. There's an outdoor pool to cool off and outdoor space for parties, etc. A large continental breakfast is included. *For a more complete description of the trip, see the March issue of the NFBC Newsletter. For details about specific rides, see Alex Setlik's post to [nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com)*

### Payment Form for Leesburg VA trip:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_

NFBC Number: \_\_\_\_\_

NFBC Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Roommate if submitting separate forms: \_\_\_\_\_

Cost: Double \$275.00 Single \$490.00. After May 11<sup>th</sup> Double \$300.00 Single \$515.00

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](mailto:Richard_suntreader@hotmail.com) Voice: 741-2762 nights and weekend, 635-0223 working hours.

## July 30-Aug 1 Toronto BikeTrain Trip

- Load your bike on the train in Niagara Falls, Ontario, and in travel in comfort to Toronto
- Enjoy Toronto sites and dining, with comfortable accommodations
- Cycle back home combining the waterfront trail and new scenic routes
- Overnight stop in Burlington, ON
- Great lunch stops in Port Credit and Jordan, ON

The bike train schedule will be published in mid to late April. Following that, Tom will have detailed information posted in the *NFBC Newsletter* and on [nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com). As soon as the train schedule is announced, Tom will supply the information you'll need to make your own reservations, including hotel names and phone numbers, and a group number that will give you the negotiated discount when you book your room and train ride. Later, Tom will provide a complete package of maps, itinerary, and important phone numbers, as well as information about dining options in each location.

For a more complete description of the trip, see the March issue of the *NFBC Newsletter*. For questions, contact: [tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com)



# BIKE TRAIN

## Club Trips: *Prix Fixe* or *A la Carte*, join your NFBC friends

This year the two NFBC sponsored trips differ not just in destination, but also in their underlying organizational style. The Leesburg Virginia trip (June 30-July 4) is designed by Richard Lepie as an "all-inclusive", fixed price trip, while Tom Barone's Toronto Bike Train trip



(July 30-Aug 1) will have a more flexible "a la carte" approach. NFBC has a history of success with both trip styles, since each offers great rides in new areas and the opportunity to ride, relax and socialize with other club members.

Richard uses his experience as a travel agent to put together a trip as a package, so that one price covers lodging, breakfast, one or two dinners, as well as snacks and beverages after the rides. Richard is famous for building group spirit by adding surprises and personal touches, which in the past have included cultural events or sight-seeing opportunities. Still, half or more of the dinners are "unscheduled", giving people time they can structure as they choose. This year as before, Alex Setlik will provide the maps and cue-sheets for the rides. Because Richard arranges several non-riding activities and reserves space for group socializing, it works better at a fixed price.

Tom and others in the past have used the a la carte

approach to organize club trips. The organizers arrange for a block of rooms at the destination for a reduced rate, but it is up to the individual to make the call to reserve the room (or train ticket). Someone seeking more thrifty or upscale lodging is free to do so, and still participate in the rest of the activities. For group dinners, arrangements are made for the restaurant to supply people with individual bills. Tom schedules meet-up times and places so that regardless of where you choose to stay, you won't miss the ride start, and everyone will have the option to participate or not in after-ride activities and group dinners. For these types of trips, participants have more flexibility to fit the trip to their schedules, budgets, and tastes.



Either way, club trips offer reasonably-priced travel with the focus on cycling. It's a great opportunity to ride and socialize with other club members.

Photos by Pat Russell, (1) Oberlin, 2010, (2) Batavia/Mumford, 2010.

## Reminiscences of Club Trips Past

By Liz Skelton

My first NFBC club trip was to Virginia about 10 years ago. It was memorable for me because of a number of things that went wrong, but made for good stories/memories. For example, I was so excited to leave on the drive to VA, that I left my apartment door open. Not just unlocked, it was ajar. When I returned a week later and discovered it, I was relieved to find that nothing in the apartment was missing (apparently the robbers were on vacation that week, too). I was also so anxious to get to VA that I left my front wheel back in the apartment! When I went to assemble the bike at the first ride start, I discovered the missing wheel. Brad Chase came to the rescue---he had brought an entire second bike with him, and lent me a front wheel for the week. Later during the trip, Monica Golden had a collision, and her rear wheel and rim were damaged. Brad rescued her as well, by loaning her the back wheel from his extra bike. What a club we belong to!! But



mostly I was overwhelmed by the beauty of the VA countryside and the fabulous rides we enjoyed there. Towards the end of the trip, we wheeled thru Gettysburg Battlegrounds---what an intense experience that is!

Sometime when we are enjoying a cold one after a ride, you can ask me about the ferry ride over to Nova Scotia and Bruce

Jansen's birthday celebration there. Or the spectacle of the Waterfire on the 3 rivers in downtown Providence, RI. Or climbing the enormous sand dunes on the shore of Lake Michigan (yes, Michigan!) Just like our rides on WNY's back country roads, our club trips take us to places we might not otherwise go, making great memories with good friends.

## NIAGARA FRONTIER BICYCLE CLUB, INC. 2010 TREASURER'S REPORT; Kathy Karnath, Treasurer

| REVENUES                              | 2010 Total         | Budget<br>2010     | Variance<br>from<br>Budget | 2009 Total         |
|---------------------------------------|--------------------|--------------------|----------------------------|--------------------|
| Banquet                               | \$2,970.00         | \$2,450.00         | \$520.00                   | \$2,430.00         |
| Can Am                                | \$10,839.94        | \$10,750.00        | \$89.94                    | \$10,033.24        |
| Jerseys                               | \$0.00             | \$0.00             | \$0.00                     | \$195.00           |
| Map Packs                             | \$235.00           | \$460.00           | (\$225.00)                 | \$465.00           |
| Donation                              | \$100.00           |                    | \$100.00                   | \$7.00             |
| Membership Dues                       | \$7,790.00         | \$8,500.00         | (\$710.00)                 | \$8,535.00         |
| Picnic                                | \$630.00           | \$400.00           | \$230.00                   | \$370.00           |
| 40th Anniversary Event                | \$735.00           |                    | \$735.00                   |                    |
| Sales Tax Refund                      | \$461.00           |                    | \$461.00                   | \$1,059.21         |
| <b>TOTAL REVENUE</b>                  | <b>\$23,760.94</b> | <b>\$22,560.00</b> | <b>\$1,200.94</b>          | <b>\$23,094.45</b> |
| <b>EXPENSES</b>                       |                    |                    |                            |                    |
| Adopt-a-Highway                       | \$126.90           | \$225.00           | (\$98.10)                  | \$130.60           |
| Awards                                | \$976.63           | \$1,350.00         | (\$373.37)                 | \$1,324.51         |
| Bank Fees                             | \$0.00             |                    | \$0.00                     | \$21.09            |
| Banquet                               | \$3,320.05         | \$2,950.00         | \$370.05                   | \$2,901.43         |
| CanAm                                 | \$9,278.06         | \$10,000.00        | (\$721.94)                 | \$11,481.39        |
| Club Picnic                           | \$1,393.72         | \$1,275.00         | \$118.72                   | \$1,274.82         |
| Donations                             | \$450.00           | \$150.00           | \$300.00                   | \$200.00           |
| Dues (LAB, Adventure<br>Cyclist)      | \$155.00           | \$155.00           | \$0.00                     | \$155.00           |
| General Membership<br>Meetings        | \$765.57           | \$1,000.00         | (\$234.43)                 | \$931.01           |
| 40th Anniversary Event                | \$882.71           |                    | \$882.71                   |                    |
| Silver Wheels Picnic                  | \$38.83            |                    | \$38.83                    |                    |
| Historian                             | \$0.00             | \$50.00            | (\$50.00)                  | \$98.67            |
| Insurance                             | \$636.23           | \$675.00           | (\$38.77)                  | \$663.05           |
| Jerseys                               | \$0.00             |                    | \$0.00                     |                    |
| Promotion/Logo                        | \$306.66           |                    | \$306.66                   |                    |
| Map Packs                             | \$132.67           | \$150.00           | (\$17.33)                  | \$153.09           |
| Membership                            | \$363.06           | \$350.00           | \$13.06                    | \$305.40           |
| P.O. Box                              | \$44.00            | \$45.00            | (\$1.00)                   | \$44.00            |
| Ride Committee                        | \$613.68           | \$900.00           | (\$286.32)                 | \$851.65           |
| Sales Tax                             | \$0.00             | \$250.00           | (\$250.00)                 | \$228.00           |
| Newsletter                            | \$1,696.68         | \$2,500.00         | (\$803.32)                 | \$2,315.18         |
| Sunshine                              | \$8.80             | \$100.00           | (\$91.20)                  | \$125.64           |
| Supplies                              | \$229.89           | \$15.00            | \$214.89                   | \$12.26            |
| Website                               | \$419.40           | \$420.00           | (\$0.60)                   | \$419.40           |
| <b>TOTAL EXPENSES</b>                 | <b>\$21,838.54</b> | <b>\$22,560.00</b> | <b>(\$721.46)</b>          | <b>\$23,636.19</b> |
| <b>TOTAL SURPLUS/<br/>(SHORTFALL)</b> | <b>\$1,922.40</b>  | <b>\$0.00</b>      |                            | <b>-\$541.74</b>   |
| Cash Balance - Beginning              | \$3,541.61         |                    |                            |                    |
| Cash Balance - Ending                 | \$5,464.01         |                    |                            |                    |



## Niagara Frontier Bicycle Club

### BOARD OF DIRECTORS

#### President

Lincoln Blaisdell (479-9431)  
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[linc43@roadrunner.com](mailto:linc43@roadrunner.com)

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### Membership Chairperson

Roy Tocha  
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Hamburg, NY 14075  
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### Club Historian

Jim Vozga (741-9440)  
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[voz@aol.com](mailto:voz@aol.com)

### Newsletter Editor

Elaine Rubenstein (633-2133)  
106 Summer Hill Lane  
Williamsville, NY 14221  
[elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

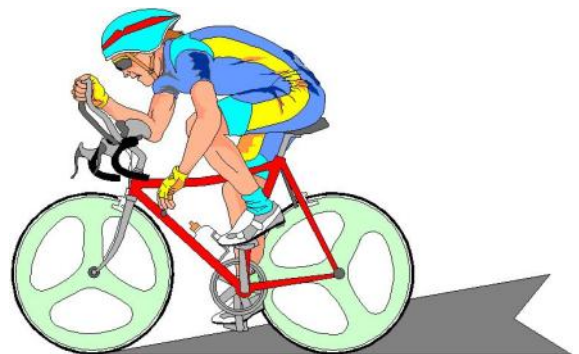
### Newsletter Circulation

Sue and Bob Alessi  
3637 Northcreek Run  
Wheatfield NY 14120  
[salessi1@roadrunner.com](mailto:salessi1@roadrunner.com)



## 2010 TREASURER'S REPORT continued

| Cash Account Reconciliation                | December, 2010     |
|--|--------------------|
| <b>Balance per Check Book</b>              | \$5,464.01         |
| <b>Balance per "Bank" Statement</b>        | \$5,587.58         |
| add: Unrealized Deposits                   |                    |
| less: Outstanding Checks                   | \$123.57           |
| <b>Adjusted Balance per Bank Statement</b> | \$5,464.01         |
| <b>Unreconciled Difference</b>             | \$0.00             |
| Riverside Credit Union CD                  | \$6,809.36         |
| CD Interest                                | \$2.89             |
| CD Ending Balance                          | \$6,812.25         |
| Riverside Share Account                    | \$10.00            |
| <b>Total Assets</b>                        | <b>\$12,283.37</b> |



**DEADLINE EXTENDED:**

## Order your 2011 NFBC Jersey Today!



The 2011 NFBC jersey design incorporates the new NFBC logo in grey and black tones on a yellow jersey for good visibility on the road! Please use the order form to place your order. Unless you specify otherwise, the jersey is a standard fit and should be the same fit as the last club jersey (Niagara falls on front and skyline of Buffalo on back) which was also made by Primal. If you want Pro-Fit, indicate that on the order form - the price will be the same. Kathy plans to turn in an order as soon as possible! So, please send the completed order form and check (made payable to NFBC) to: Kathy Karnath at 159 Wyeth Drive, Getzville, NY 14068.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ e-mail \_\_\_\_\_



### NFBC Club Jersey Order Form

Send completed form and check payable to NFBC to Kathleen Karnath, 159 Wyeth Drive, Getzville, NY 14068 by March 15th  
**If you want pro-fit, please indicate; pro-fit will have full zipper.**

| Jerseys  |           |              |  |                 |    |    |    |    |    |     |     |          |             |
|--|-----------|--------------|--|-----------------|----|----|----|----|----|-----|-----|----------|-------------|
| Jerseys  | Sport Cut | Short Sleeve | Standard Features  | Product Options | XS | SM | MD | LG | XL | 2XL | 3XL | Price    | Part Number |
| Men's Sport Cut, Short Sleeve, Raglan Sleeve     |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeves - 3 Straight Back pockets             |                 |    |    |    |    |    |     |     | \$ 60.00 | PW-00-275   |
| Women's Sport Cut, Short Sleeve, Raglan Sleeve   |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist & Sleeves - 3 Straight Back pockets          |                 |    |    |    |    |    |     |     | \$ 60.00 | PW-00-615   |
| Jersey Youth Short Sleeve                        |           |              |  |                 |    |    |    |    |    |     |     |          |             |
| Jersey   | Sport Cut | Sleeveless   | Standard Features  | Product Options | XS | SM | MD | LG | XL | 2XL | 3XL | Price    | Part Number |
| Youth Sport Cut, Short Sleeve, Set-In Sleeve     |           |              | Speed Pro Fabric - YKK 1/2 Invisible Zip -NO Elastic @ Waist & Sleeves - 3 Straight Back pockets         |                 |    |    |    |    |    |     |     | \$ 60.00 | PW-00-130   |
| Men's Sport Cut, Sleeveless, Raglan Sleeve       |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist - 3 Straight Back pockets                       |                 |    |    |    |    |    |     |     | \$ 60.00 | PW-00-280   |
| Women's Sport Cut, Sleeveless, Raglan Sleeve     |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist - 3 Straight Back pockets                    |                 |    |    |    |    |    |     |     | \$ 60.00 | PW-00-616   |
| Jersey Sport Cut Long Sleeve                     |           |              |  |                 |    |    |    |    |    |     |     |          |             |
| Men's Sport Cut, Long Sleeve, Raglan Sleeve      |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeve - 3 Straight Back pockets              |                 |    |    |    |    |    |     |     | \$ 60.00 | WJN-001     |
| Women's Sport Cut, Long Sleeve, Raglan Sleeve    |           |              | Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist - Elastic @ Sleeve - 3 Straight Back pockets |                 |    |    |    |    |    |     |     | \$ 60.00 | WWN-003     |
| Cold Weather Collection                          |           |              |  |                 |    |    |    |    |    |     |     |          |             |
| Cold Weather                                     |           |              | Standard Features  | Product Options | XS | SM | MD | LG | XL | 2XL | 3XL | Price    | Part Number |
| 2nd Layer Jacket, Fully Printed, 3 Cargo Pockets |           |              | Thermal Fabric - YKK Full Hidden Zip - Elastic @ Waist and Sleeve -                                      |                 |    |    |    |    |    |     |     | \$ 97.00 | SLJ-001     |

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 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

Email1  Email2  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"/> \$30.00  |
| Family        | <input type="checkbox"/> \$30.00 | <input type="checkbox"/> \$40.00  |
| Map Packet CD | <input type="checkbox"/> \$5.00  | <input type="checkbox"/> \$5.00   |
| <b>TOTAL</b>  | \$                               | \$                                |
| 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 order to receive the Newsletter link by email, you must belong to [nfbc@yahoo.com](mailto:nfbc@yahoo.com)


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**

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