

NFBC NEWSLETTER

Dates to Remember

- April 1, "Day of the Week" rides begin
- April 21, Trash & Treasure
- July 10-14, Club trip, Belleville, ON
- August 3-4, CanAm 2013

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The 2013 Riding Season is underway

Twenty-seven hardy club members celebrated St. Patrick's Day at the NFBC season opener on March 17. Despite the inviting sunshine, the temperature stayed below 30°. Ride leader Mike Dusing led the group from the newly paved Ellicott Creek Island Park.

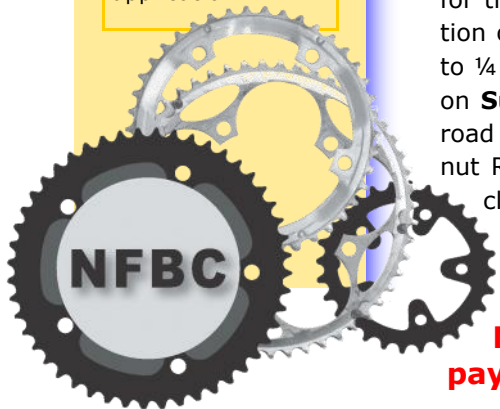


This year the recurring "day of the week" rides will begin on April 1st, about a week earlier than in the past, taking advantage of Daylight Savings Time.

This April's **Southtown Ride of the Month** is the Hunters Creek (aka Bob Shipiro Memorial) Ride on **Sunday the 7th**. Starting in Wales Center we will make our way, yes, uphill Hunters Creek. Not so hard and perfect for an early season ride to get warm quickly! Of course we get a grand payback coming back downhill with the wind on Michigan and East Creek. And if we're lucky the bakery will be open in Strykersville! Post ride, we will again relive the demise of Bob Shipiro. But to hear the tale you have to: Come on out! Pat.

Becoming an NFBC Spring Classic is the **Darien Lake State Park** ride on **April 21**. It starts in Westwood Park and, since it's early season, the park isn't overrun by folks attending sports activities there. The ride mostly rolls through Newstead and Alden. Rolls is the operative word as you get south of Genesee St. as the terrain gently undulates, great for tuning your fitness up for the coming season. The stop at Darien Lake is the perfect spot to refresh for the ride back to Westwood. Outside of going through Alden (tricky corner there), the roads will be lightly trafficked.

April Trash and Treasure This year NFBC proudly celebrates 20 years of **Trash and Treasure**. Since April 1993, NFBC has been responsible for the trash and litter clean-up of a two-mile section of route 277 extending from Powers Rd. south to ¼ mile south of Gartman Rd. Join John Herman on **Sunday, April 21** as he leads us on a choice of great rides and a quick road clean-up (about 30 minutes), followed by a pizza party in nearby Chestnut Ridge Park. Combine all of your favorites in one great experience: cycling, environmental responsibility, and partying. Not to be missed!



All NFBC 2012 memberships expired on 2/28/2013. You know what to do: complete the Membership Application on page 11 and pay your annual dues by check.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

APRIL 2013 WEEKEND RIDE SCHEDULE

| DATE | TIME | Ride # | RIDE NAME | DIS-TANCE | DIFFI-CULTY | CLIMB | START LOCATION | RIDE LEADER |
|-------------|----------|--------|------------------------|-----------|-------------|-----------|---|-------------------------------|
| Sat, Apr 06 | 11:00 AM | 400 | East of Akron | 33/22 | | | Russell Town Park, Clinton and Main Streets, Akron | Rebecca Ribis 837-0089 |
| Sat, Apr 06 | 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 | Charles Grammer 886-4513 |
| Sun, Apr 07 | 11:00 AM | 767 | Bunker Hill Road | 36/27 | Easy | 0 | Clarence Center Elementary School, Clarence Center Rd. east of Goodrich | Bob Silkes 688-6246 |
| Sun, Apr 07 | 11:00 AM | 338 | Hunter's Creek | 31/23 | Diff/Mod | 2000/1200 | Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales | Jim Karnath 688-2968 |
| Sat, Apr 13 | 11:00 AM | 742 | Lockport-Pendleton | 38/32 | Mod/Easy | 1000 | Amherst Museum, Tonawanda Creek S at New Rd, Amherst | Margaret Rockwood 361-0146 |
| Sat, Apr 13 | 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. | Ron Wakefield 877-2140 |
| Sun, Apr 14 | 11:00 AM | 713 | Darien Lake State Park | 38/30 | Easy | 1100/750 | Westwood Park, Erie St & Pavement Rd., Lancaster | Robert Nowinski 490-0752 |
| Sat, Apr 20 | 11:00 AM | 703 | Lockport-Middleport | 32 | Easy | 0 | Nelson C Goehle Marina (Wide Waters) E Market St & Cold-spring Rd., Lockport | Rebecca Ribis 837-0089 |
| Sat, Apr 20 | 11:00 AM | 709 | Toy Town Tour | 35/28 | Mod | 1500/700 | Public lot north of Main St. Off Pine, East Aurora | Jim Karnath 688-2968 |
| Sun, Apr 21 | 11:00 AM | 273 | Trash & Treasure Ride | 33/24 | MD/Easy | 1400/700 | Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park | John Herman 698-8222 |
| Sat, Apr 27 | 11:00 AM | 347 | Sanborn Scramble | 30 | Easy | 0 | North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd | Bob Alessi 694-0853 |
| Sat, Apr 27 | 11:00 AM | 290 | Eden-Evans Circuit | 32 | Mod | 1340 | Public lot behind the bank on north side of Main St one block from Buffalo Rd, Hamburg, NY | Bradshaw Hovey 857-0906 |
| Sun, Apr 28 | 11:00 AM | 747 | Williston Rd | 39/30 | MD | 2000/1300 | Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster | Liz Skelton 400-6091 |

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXD = 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., Pendleton | Mike Dusing, 895-6423 |
| | 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 (off Niagara Falls Blvd on Creekside), Tonawanda | Alex Setlik, 692-7045 |
| | PM | West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton | Marty Viggato, 570-5896 TEMPORARY |
| | 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., Swormsville (Clarence) | Peg Walker, 741-4616 |
| | 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 | Karen Sprada, 684-9039 |
| | PM | Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds. | CANCELLED —Need Leader |
| | PM | St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster | Liz Skelton, 400-6091 |
| Friday | AM | Community of Christ Church, 5030 Thompson Rd., Clarence | Jack Rimlinger, 741-8512 |
| | PM | Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst | Marty Viggato, 570-5896 |
| | PM | Elma Meadows Park, on Rice Rd. at Girdle, Elma | Pat and Loren Danaher, 310-8136 |
| 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 |

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. |

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

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.

HELP SPREAD SUNSHINE

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski (tturski@aol.com, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

APRIL 2013

Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The recurring day-of-the-week rides are indicated in italics.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|--|--|--|---|
| | 1 <i>Pendleton 10AM</i> <i>Clarence 6PM</i> <i>E.Aurora 6PM</i> | 2 <i>Tonawanda 10AM</i> <i>Pendleton 6PM</i> <i>Hamburg 6PM</i> | 3 <i>Orchard Park 10AM</i> <i>Swormsville 6PM</i> <i>Orch. Park 6PM</i> | 4 <i>Lancaster 10AM</i> <i>Pendleton 6PM</i> <i>Lancaster 6PM</i> | 5 <i>Clarence 10AM</i> <i>Amherst 6PM</i> <i>Elma 6PM</i> | 6 <i>Amherst 9AM</i> <i>East of Akron</i> <i>Four Way Split</i> |
| 7 <i>Buffalo 9AM</i> <i>Bunker Hill Road</i> <i>Hunter's Creek</i> | 8 <i>Pendleton 10AM</i> <i>Clarence 6PM</i> <i>E.Aurora 6PM</i> | 9 <i>Tonawanda 10AM</i> <i>Pendleton 6PM</i> <i>Hamburg 6PM</i> | 10 <i>Orchard Park 10AM</i> <i>Swormsville 6PM</i> <i>Orch. Park 6PM</i> | 11 <i>Lancaster 10AM</i> <i>Pendleton 6PM</i> <i>Lancaster 6PM</i> | 12 <i>Clarence 10AM</i> <i>Amherst 6PM</i> <i>Elma 6PM</i> | 13 <i>Amherst 9AM</i> <i>Lockport-Pendleton</i> <i>Maple Country Ride</i> |
| 14 <i>Buffalo 9AM</i> <i>Darien Lake St. Park</i> | 15 <i>Pendleton 10AM</i> <i>Clarence 6PM</i> <i>E.Aurora 6PM</i> | 16 <i>Tonawanda 10AM</i> <i>Pendleton 6PM</i> <i>Hamburg 6PM</i> | 17 <i>Orchard Park 10AM</i> <i>Swormsville 6PM</i> <i>Orch. Park 6PM</i> | 18 <i>Lancaster 10AM</i> <i>Pendleton 6PM</i> <i>Lancaster 6PM</i> | 19 <i>Clarence 10AM</i> <i>Amherst 6PM</i> <i>Elma 6PM</i> | 20 <i>Amherst 9AM</i> <i>Lockport-Middleport</i> <i>Toy Town Tour</i> |
| 21 <i>Buffalo 9AM</i> <i>Trash & Treasure</i> | 22 <i>Pendleton 10AM</i> <i>Clarence 6PM</i> <i>E.Aurora 6PM</i> | 23 <i>Tonawanda 10AM</i> <i>Pendleton 6PM</i> <i>Hamburg 6PM</i> | 24 <i>Orchard Park 10AM</i> <i>Swormsville 6PM</i> <i>Orch. Park 6PM</i> | 25 <i>Lancaster 10AM</i> <i>Pendleton 6PM</i> <i>Lancaster 6PM</i> | 26 <i>Clarence 10AM</i> <i>Amherst 6PM</i> <i>Elma 6PM</i> | 27 <i>Amherst 9AM</i> <i>Sanborn Scramble</i> <i>Eden-Evans Circuit</i> |
| 28 <i>Buffalo 9AM</i> <i>Williston Rd.</i> | 29 <i>Pendleton 10AM</i> <i>Clarence 6PM</i> <i>E.Aurora 6PM</i> | 30 <i>Tonawanda 10AM</i> <i>Pendleton 6PM</i> <i>Hamburg 6PM</i> | | | | |

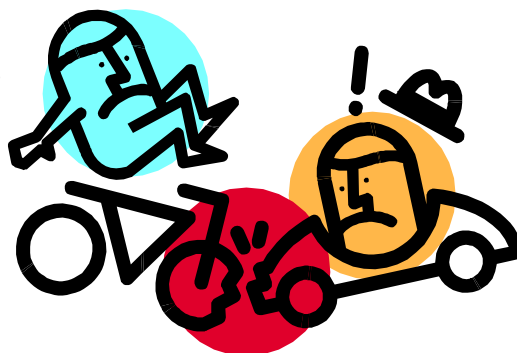
NFBC Accident Reports for the 2012 Riding Season

NFBC ride leaders' obligation, beyond signing people in, is to report to the club president any crashes that occur on the ride. It is a requirement for the club's insurance. The summary of these reports should make members aware of potential riding hazards. The club tradition is to omit names, simply describing the situations that were reported.

President Linc Blaisdell received 6 crash reports during the 2012 season. One occurred in May, four in July, and one in August. Injuries sustained by the bicyclist varied from mild bruises to the more serious concussion, abrasions, and contusions.

Two of the crashes involved a motor vehicle and bicycle. In one, a vehicle made a 3-point turn directly in front of the bicyclist, who lost control and fell as a result. In the second accident, a motor vehicle turning

into a driveway hit a rider who was visible and riding in the proper location.



There were two crashes that involved two bicyclists. One bicyclist passed another on the right, causing the second bicyclist to attempt to slow down quickly. As a result the second bicyclist went over the handlebars. In the second crash riders were behind someone who had a flat. They didn't all react at the same rate, and a rider locking wheels with the rider in front, lost balance and falling.

Finally, two accidents involved single bicyclists. One was due to an equipment malfunction; the bike rail near the seat snapped under pressure causing the rider to lose balance and fall. In the second crash, a rider drifted onto gravel on the road shoulder and lost balance trying to return to the road.

2012 NFBC Mileage Corrections

| NFBC # | Name | Miles in 2012 |
|--------|---------------------|--------------------|
| 2284 | Gerry Russell | 1640 (certificate) |
| 1793 | Ed Knab | 1057 (certificate) |
| 1844 | Debbie Matteliano | 927 |
| 1794 | Sophie Knab | 834 |
| 2472 | Steve Korn | 815 |
| 1572 | Mark Subjek | 763 |
| 2165 | Eric Braun | 598 |
| 926 | Barb Palazzo | 543 |
| 1728 | Barb Kurtz | 507 |
| 118 | Bill Tambacas | 494 |
| 950 | Traci Cummings | 421 |
| 1079 | Fred Talmud | 416 |
| 1668 | Dave Buonerba | 260 |
| 1339 | Evelyn Katz | 156 |
| 1243 | Julie Oldenski | 122 |
| 2094 | Bob Patterson | 121 |
| 1639 | Ken Newbury | 113 |
| 1918 | Barbara Rubin | 101 |
| 1919 | Stuart Rubin | 101 |
| 853 | Jim Hanotte | 94 |
| 2349 | Greg Sewar | 49 |
| 2365 | Debra Meyers-Murray | 27 |
| 1439 | Peter Cummings | 25 |
| 2413 | Debra Filipowicz | 25 |

Due to a clerical error, the names of some NFBC members didn't appear on the mileage lists in the January/February *NFBC Newsletter*. We apologize for the error.

**Sunday
April 21**

Trash & Treasure—John Herman

The Ride: The ride starts at 11AM. To get to the ride start, take 219 south to the Armor Duells exit; turn right onto Armor Duells, turn right onto 277 South; bear right onto the ramp for Chestnut Ridge Casino Lot. It is a dual mileage ride: 24 mi. (easy), 700 ft. elevation, and 33 mi. (moderate), 1400 ft. elevation.

The Clean-up: NFBC maintains a 2 mile section on route 277 in Orchard Park, extending from Powers Rd. south to a location 1/4 mi south of Gartman Rd. Clean-up starts around 11:30 to 12 noon. You must wear your helmet! Work in pairs, facing traffic, and be sure you are briefed on safety by John before starting.

The Party: The party is on picnic tables across from the Casino, near the tennis courts. John will supply pizza, beer, water and soda. Just bring your smiles!



**July
10-14**

Club Trip: Belleville, ON

Cycle Beautiful Prince Edward County

This July, ride the beautiful shorelines and gentle rolling country hills of Prince Edward County with NFBC. Prince Edward County (technically an island) is located in Southern Ontario roughly half-way between Toronto and Kingston on the northern Lake Ontario shoreline. Alex Setlik has designed this "you show, you go" trip to take advantage of the area's 1st rate biking opportunities. He has reserved rooms for NFBC at the Belleville Travelodge and will provide cue sheets for the rides. Shoreline riding along the very irregular coastline provides great views of the Bay, scenic harbors, and marinas. The interior roads offer beautiful countryside riding with opportunities to visit the quaint villages of Bloomfield, Wellington, and Picton with wineries, artisan shops, and fine restaurants throughout the area. We'll also ride through Sandbanks Provincial Park, said to have the largest freshwater sand dunes in the world. We'll use remote starts (10-20 min.) to explore most of Prince Edward County. It's about a 4.5 hour drive to Belleville from Buffalo.



The Rides:

Wed - BAY OF QUINTE: 29 miles, MOD. Kickoff ride is out of Travelodge. Ride over the Bay Bridge to Prince Edward County. Great views. 3:30 start.

Thu - SANDBANKS EXPLORER: 40 or 32 miles, MOD. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Option: SANDBANKS BEACH, 32 miles, MOD. Enjoy the beach after the ride. Start at Sandbanks Provincial Park, \$15 CAD parking fee. 9:30 start.

Fri - WELLINGTON BAY: 49 or 32 miles, MOD. 49 mile ride starts out of Travelodge. Start for 31 miles is at Kente Public School on CR-19, Ameliasburgh (8.5 miles). Start times are 8:30 (49 mi) and 9:00 (32 mi).

Sat - ADOLPHUS REACH: 38 miles, MOD+. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Ride has great views throughout the ride. Rest stop / optional lunch / limited menu / outdoor seating: "County Cider Company" at 25 miles. 9:30 start.

Sun - MOIRA RIVER MEANDER: 30 miles, MOD. Finale ride out of Travelodge. This is a countryside ride North of Belleville. 8:30 start.

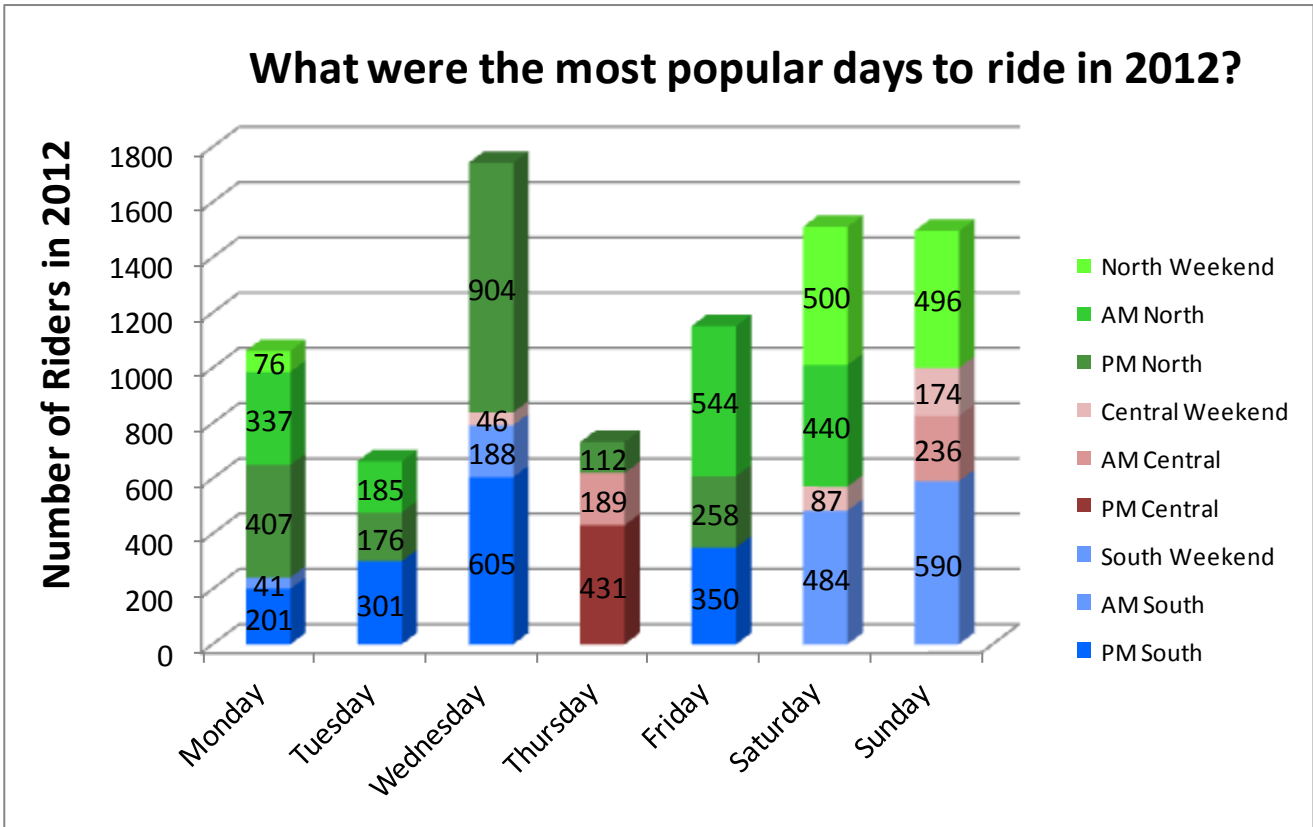
Accommodations:

We will be staying at the Travelodge Hotel (previously Ramada Inn) located in Belleville at the Bay Bridge to Prince Edward County. The hotel has a swim through interconnected indoor / outdoor pool with a huge 135 foot corkscrew water slide and sauna. The hotel has the Windows Restaurant & Bar for dining, and in addition, there's a variety of good, reasonably-priced restaurants a short walk from the hotel. Evening entertainment is available a few steps behind the hotel at the Harbor Club Marina.

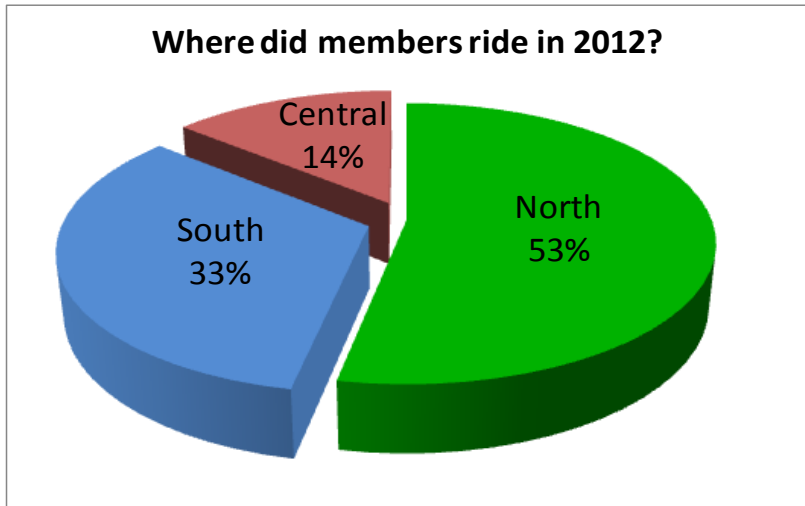
Sign up now:

1. Rate for 4 nights is: \$440 CAD, plus tax, for non-smoking with 2 queen beds). Call Travelodge (Belleville) **613-968-3411** or **800-420-3555** to book your room. Reference the Niagara Frontier Bicycling Club, and that the rooms were booked thru Central Reservations. Cancellation is 72 hours prior to 4:00 PM, July 10th.
2. Notify Alex that you have booked a room by emailing: alex.setlik@verizon.net. He will reply with the cue sheet package (no maps).
3. If you want maps in addition to cue sheets, try one of these options: Go to www.ridewithgps.com and register. It's free. Search for group "NFBC" and click on AWS to view the maps. A better print option (\$6.00 for 1 month) for the maps/cues is available. Also, files can be written to your Garmin unit if you have one. Maps are also available on MS Streets & Trips that Alex can e-mail to you *if* you have the MS software to open those files.





To create these graphs, I used a listing of the number of riders for each of the scheduled NFBC rides in 2012. I used Excel to add the numbers and create the graphs. I didn't include rides on either of the two club trips. The ride committee categorizes rides by where they start. Central rides begin in Lancaster or Cheektowaga, north of there is north, south is south. I counted the recurring Sunday breakfast ride as Central (because they go sometimes north, sometimes south). Some weekend rides were harder to categorize. For example, although the location of the club picnic was south, the rides ranged from "easy" to "X-D", so I thought central was the better category. Rides on holidays (Memorial Day, July 4, Labor Day) were categorized as weekend rides.



Differences in the numbers of north, central, or south riders can be due to a number of factors. Overall, there were fewer central ride starts scheduled than north or south. There are 4 morning weekday rides in the north, and only one in the south. Generally, north and south ride starts on the same day were equally affected by weather; that is, a rainout in the north usually meant a rainout in the south. Apologies to those who are reading the graphs in black and white. The Editor

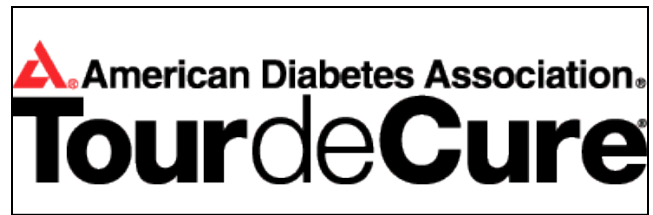
NIAGARA FRONTIER BICYCLE CLUB, INC. 2012 TREASURER'S REPORT—by Joe Pizzuto

| REVENUES | YTD 2012 | 2011 Total |
|-----------------------------------|--------------------|--------------------|
| Banquet | \$2,268.00 | \$2,566.00 |
| Can Am | \$9,305.47 | \$10,270.75 |
| Jerseys | \$451.27 | \$9,873.00 |
| Map Packs | \$215.00 | \$235.00 |
| Donation | \$0.00 | |
| Membership Dues | \$8,502.12 | \$7,985.31 |
| Picnic | \$540.00 | \$425.00 |
| Club Trip | \$6,892.00 | |
| Miscellaneous | | \$13.11 |
| Sales Tax Refund | \$0.00 | \$588.00 |
| TOTAL REVENUE | \$28,173.86 | \$31,956.17 |
| EXPENSES | | |
| Adopt-a-Highway | \$151.35 | \$217.39 |
| Awards | \$1,013.40 | \$732.97 |
| Bank Fees | \$0.00 | |
| Banquet | \$2,800.29 | \$2,807.04 |
| CanAm | \$8,504.23 | \$8,739.88 |
| Club Picnic | \$1,576.23 | \$1,087.02 |
| Donations | \$150.00 | \$0.00 |
| Dues (LAB, Adventure Cyclist) | \$255.00 | \$180.00 |
| General Membership Meetings | \$309.87 | \$567.48 |
| Historian | \$0.00 | \$0.00 |
| Insurance | \$766.80 | \$646.35 |
| Jerseys | \$81.00 | \$8,849.69 |
| Promotion/Logo | \$0.00 | \$0.00 |
| Map Packs | \$91.92 | \$83.52 |
| Membership | \$331.86 | \$324.14 |
| P.O. Box | \$58.00 | \$46.00 |
| Ride Committee | \$484.30 | \$521.74 |
| Sales Tax | \$254.05 | \$0.00 |
| Newsletter | \$1,236.67 | \$859.48 |
| Sunshine | \$27.00 | \$20.73 |
| Supplies | \$0.00 | \$72.93 |
| Website | \$760.30 | \$419.40 |
| Club Trip | \$6,814.36 | |
| TOTAL EXPENSES | \$25,666.63 | \$26,175.76 |
| TOTAL SURPLUS/ (SHORTFALL) | \$2,507.23 | \$5,780.41 |
| Cash Balance - Beginning | \$11,244.42 | |
| Cash Balance - Ending | \$14,087.14 | |

| Cash Account Reconciliation | December |
|--|--------------------|
| Balance per Check Book | \$13,740.63 |
| | |
| Balance per "Bank" Statement | \$14,271.18 |
| add: Unrealized Deposits | |
| less: Outstanding Checks | |
| Adjusted Balance per Bank Statement | \$14,271.18 |
| | |
| Unreconciled Difference | -\$530.55 |
| | |
| Riverside Credit Union CD | |
| CD Interest | |
| CD Ending Balance | |
| Riverside Share Account | |
| M T Savings Account | \$6,870.89 |
| M T Savings Account Interest | \$0.69 |
| Total Assets | \$20,612.21 |

Make a difference with your bike—ride for a good cause!

Help fight diabetes with NFBC – Ride in the *Tour de Cure* on June 8



Join the NFBC team today. It's a great ride for a great cause. In exchange for some fundraising (which is really pretty easy using email or facebook or face-to-face contact), you can choose a distance from 6 to 100 miles for a comfortable, well-supported ride with fellow NFBC members. Choose your distance, and when we get closer to the ride, we'll make sure NFBC members riding your distance get a chance to meet up to ride together.

Register at www.diabetes.org/buffalotour or pick up a paper registration form at local bike shops and sports shops, or call 1-888-DIABETES, x3705. When you register to ride in the Tour de Cure, be sure to join the team **NFBC, Niagara Frontier Bicycle Club**.

Date: June 8, 2013

Start Location: Niagara County Community College

Event Manager: Jill Bakeman

Email: jbakeman@diabetes.org

Phone: 1-888-DIABETES, x3705

NFBC cyclists: RIDE for Roswell on June 22

Many members of the NFBC participate each year in the Ride for Roswell. Because our club members belong to many other organizations and work for various companies, our members are not always recognized as belonging to the Niagara Frontier Bicycle Club. This year Linc Blaisdell will serve as captain of Team NFBC for the purpose of organizing a more visible group. If you still wish to ride as part of one of your other clubs, feel free. For example, the NFBC members who ride each year with Team Austin, sponsored by Austin Air and led by Bob Mahaney, will again be wearing the white jerseys of that team. However, this year Team NFBC sporting our yellow jerseys will ride in a group along with our friends in white with Team Austin. After the ride our two groups will have two side-by-side pop-up tents for a joint post-ride party.



Most of the members of Team NFBC (as well as Team Austin) will be riding the 62-mile distance. We will ride in a paceline at a 15 to 17 mile pace, and we will stop at each of the rest stops. We do not race; we try to keep all of our riders together. That being said, you may still register for and ride an alternate distance as a part of Team NFBC. As of March 6, there are about 200 spaces left for the 104-mile ride, 600 spaces for the 62-mile ride, and hundreds of spaces left in the rides ranging from 20 to 44 miles. I would encourage you to sign up for the 44-mile or 33-mile ride if you do not want to do either of the longer ones. If people spread out among the 20 and 30-mile rides, the effect of riding as a group with our jerseys will be lost. If anyone would like to be the unofficial leader of a ride other than the 62, just for the purpose of collecting riders to stay together on ride day, please e-mail or call Linc.

Niagara Frontier Bicycle Club

BOARD OF DIRECTORS

President

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4715 Ransom Road
Clarence, NY 14031
linc43@roadrunner.com

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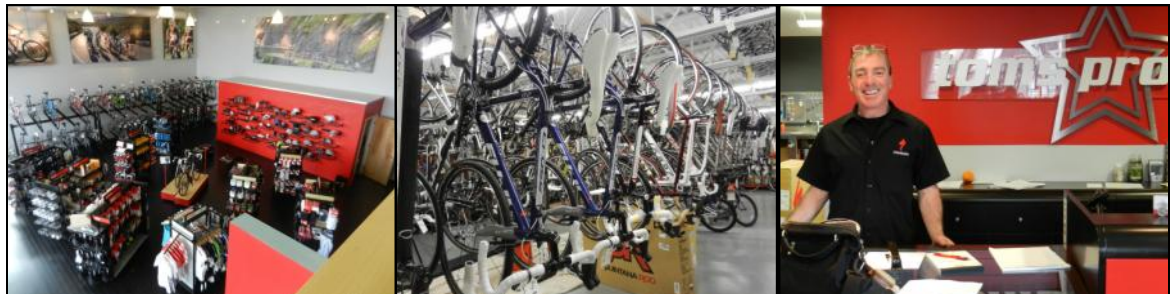
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Tom Lonzi of Tom's Pro Bike has recently completed an impressive renovation/building project, vastly increasing retail, mechanical, and storage space in a comfortable, user-friendly environment. He's offering a service clinic on May 9 from 7-9. Topics covered will include: Basic Maintenance, Tire Changing, Proper Co2 Use, Efficient Riding Techniques, and Hands on Demos. Reserve your space now by calling or going to <http://www.tomsprobike.com>. Refreshments will be served.

The WNYMBA Bike Swap 2013 Returns

Sunday April 7, 2013 10am-3pm Getzville Firehall

Get ready to find your new or used bike for the new biking season at the 2013 WNYMBA Swap Meet. Meet other mountain & road bikers from around WNY, and hang out and listen to a live DJ rock the house. Lots of fun just hanging out.

- Bike shops selling new & used bikes
- Vendors selling bike accessories
- Used bike corral (many good deals here)
- Food & drinks for sale
- Hang out & meet other riders —this event is for families, commuters, fitness and sports riders, collectors, and bicyclists of all kinds. Admission will be free for the general public, and there is plenty of free parking.

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 |
| 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 order to receive the Newsletter link by email, you must belong to nfbc@yahoogroups.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.

April, 2013

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

tom's pro bike
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Lancaster, NY 14086
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