

# NFBC NEWSLETTER

April, 2014

*We ride every day!*

Volume 45, Issue 3

## Dates to Remember

- Tues, April 1, Day of the week rides begin
- Sun, April 13, WNYMBA annual SWAP MEET, 10-3, Getzville Fire Co., Dodge Rd.
- Fri, April 18, Fri PM ride starts at 3PM
- July 2-6, Syracuse club trip
- July 18-20, Mumford club trip

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## St. Pat's Ride opens the NFBC riding season



The 2014 Riding Season began on Sunday, March 16 with the traditional St. Patrick's Ride. Despite sunny skies, the temperature hovered at 17 degrees, and the wind didn't help matters. Intrepid NFBC riders were (l to r): Ron Penton, Derrick Wojcik, Charles Grammer, and Bob Lubelski.

Don't forget, the recurring "day of the week" rides will begin on **April 1<sup>st</sup>**. Check the schedule on page 3 for start times and locations.

VP Brenda Fischer needs ride leaders! Check out the partial list of upcoming "leaderless" rides (page 6) and contact Brenda if you can help out. Remember, you don't have to "lead" the ride, you just have to be there to sign riders in!

Marty Viggato moved his Friday night north ride to Thursday (see schedule on page 3), and we're still looking for a Tuesday night north ride leader (any volunteers?).

Hi Folks, well here we have a new riding season upon us - and this year we're going to change things up a little! Instead of a South Towns Ride of the Month we are going to do a monthly Corrigan. As in **WRONG WAY**. That's right (or wrong)--we're going to do the ride backwards. You'll still get the map but also a cue sheet for the Corrigan. Advantages are you're doing a new (old) ride that will look completely different in the other direction. Better yet, it might help some people (Tim, Bradshaw?) go the right (wrong) way! And some rides are just well-suited for going the right or wrong way, like this month's **Eden-Evans Circuit** (or is it Evans-Eden Circuit?) led by Sandy Bunn on **Sat. the 12th**. Anyway you go, you can't go wrong if you come on out! Pat.

Becoming an NFBC Spring Classic is the **Darien Lake State Park** ride on **Sun., April 20**. 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. Some folks may agree with the "easy" rating, but it will remain a mystery to the rest of us. 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 21 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. Join in on **Sunday, April 27** for a choice of great rides and a quick road clean-up (about 30 minutes), followed by a pizza party in nearby Chestnut Ridge Park.





**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.  
*We Ride Every Day*

## April 2014 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Apr 05	11:00	922	Lancaster Day Ride	0	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster	Liz Skelton 400-6091
Sat, Apr 05	11:00	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	Loren Danaher 310-8136
Sun, Apr 06	11:00	400	East of Akron	33/22	Easy	0	Russell Town Park, Akron	Brenda Fischer 984-1415
Sun, April 06	11:00	338	Hunter's Creek	31/23	Diff/Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Charles Grammer 713-1469
Sat, Apr 12	11:00	767	Bunker Hill Road	36/27	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Brenda Fischer 984-1415
Sat Apr 12	11:00	290	Eden-Evans Circuit	32	Mod	1340	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 992-4081
Sun, Apr 13	11:00	393	Riding Baer	29/20	Easy	NA	North Amherst Fire Co., Tonawanda Creek S and Campbell, Amherst	Brenda Fischer 984-1415
Sun, Apr 13	11:00	709	Toy Town Tour	35/28	Mod	1500/700	Public lot north of Main St. Off Pine, East Aurora	Pat Danaher 310-8136
<b>Fri, Apr 18</b>	<b>3:00 PM</b>	903	Elma Day Ride – (selected based on weather)	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Pat Danaher 310-8136
Sat, Apr 19	11:00	701	Panera Pedal	27/21	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Elaine Rubenstein 479-5042
Sat, Apr 19	11:00	342	Butterwood Bakery Ride	31/21	Diff/Mod	2000/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Robert Nowinski 490-0752
Sun, Apr 20	11:00	713	Darien Lake State Park	38/30	Easy	1100/750	Westwood Park, Erie St & Pavement Rd., Lancaster	Lori Harf
Sat, Apr 26	11:00	397	Wine Xpress	32	EZ	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Brenda Fischer 984-1415
Sat, Apr 26	11:00	409	The Burrough	40/22	Diff/mod	2300/1000	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 310-8136
Sun, Apr 27	11:00	273	Trash & Treasure Ride	33/24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 692-8222

**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
<b>Monday</b>	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
<b>Tuesday</b>	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	<b>CANCELLED</b> —Need Ride Leader
	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
	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	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
<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

## 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 (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)

### 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](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

# APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 10 AM Tonawanda 6 PM Hamburg	<b>2</b> 10AM Orchard Park 6PM Clarence	<b>3</b> 10 AM Lancaster 6PM Amherst 6 PM Lancaster	<b>4</b> 10 AM Clarence 6 PM Elma	<b>5</b> 9 AM Amherst Lancaster day ride Four way split
<b>6</b> 9 AM Buffalo East of Akron Hunter's Creek	<b>7</b> 10AM Pendleton 6 PM Clarence 6 PM East Aurora	<b>8</b> 10 AM Tonawanda 6 PM Hamburg	<b>9</b> 10AM Orchard Park 6PM Clarence 6 PM Orchard Park	<b>10</b> 10 AM Lancaster 6PM Amherst 6 PM Lancaster	<b>11</b> 10 AM Clarence 6 PM Elma	<b>12</b> 9 AM Amherst Bunker Hill Rd. Eden-Evans Circuit
<b>13</b> 9 AM Buffalo Riding Baer Toy Town Tour	<b>14</b> 10AM Pendleton 6 PM Clarence	<b>15</b> 10 AM Tonawanda 6 PM Hamburg	<b>16</b> 10AM Orchard Park 6PM Clarence	<b>17</b> 10 AM Lancaster 6PM Amherst 6 PM Lancaster	<b>18</b> 10 AM Clarence <b>3 PM Elma Day Ride**</b>	<b>19</b> 9 AM Amherst Panera Pedal Butterwood Bakery
<b>20</b> 9 AM Buffalo Darlen Lake St. Pk.	<b>21</b> 10AM Pendleton 6 PM Clarence	<b>22</b> 10 AM Tonawanda 6 PM Hamburg	<b>23</b> 10AM Orchard Park 6PM Clarence	<b>24</b> 10 AM Lancaster 6PM Amherst 6 PM Lancaster	<b>25</b> 10 AM Clarence 6 PM Elma	<b>26</b> 9 AM Amherst The Burrough
<b>27</b> 9 AM Buffalo Trash & Treasure	<b>28</b> 10AM Pendleton 6 PM Clarence	<b>29</b> 10 AM Tonawanda 6 PM Hamburg	<b>30</b> 10AM Orchard Park 6PM Clarence			

**\*\*The TGIF Elma ride on April 18th is a holiday (Good Friday) for many, so we will take advantage with a ride start of **3:00 PM!** That way we can enjoy the best part of the day, get a good ride in, and still make it to dinner before the hordes. If you don't have a day off work, just scootch out early and join us! —Loren**

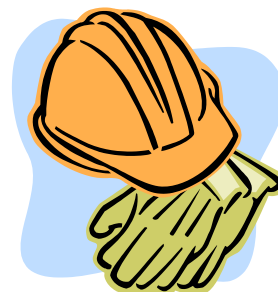
**Sunday  
April 27**

## 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!



## NIAGARA FRONTIER BICYCLE CLUB, INC.

### 2013 TREASURER'S REPORT—By Joe Pizzuto

<b>REVENUES</b>	<b>YTD 2013</b>	<b>2012 Total</b>
Banquet	<b>\$2,295.00</b>	\$2,268.00
Can Am	<b>\$9,600.95</b>	\$9,305.47
Jerseys	<b>\$844.00</b>	\$451.27
Map Packs	<b>\$155.00</b>	\$215.00
Donation	<b>\$0.00</b>	\$0.00
Membership Dues	<b>\$7,970.00</b>	\$8,552.12
Picnic	<b>\$0.00</b>	\$540.00
Club Trip	<b>\$0.00</b>	\$6,892.00
Miscellaneous		
Sales Tax Refund	<b>\$0.00</b>	\$0.00
<b>TOTAL REVENUE</b>	<b>\$20,864.95</b>	\$28,223.86
<b>EXPENSES</b>		
Adopt-a-Highway	<b>\$96.05</b>	\$151.35
Awards	<b>\$1,159.44</b>	\$1,013.40
Bank Fees	<b>\$0.00</b>	\$0.00
Banquet	<b>\$3,034.39</b>	\$2,800.29
CanAm	<b>\$9,609.44</b>	\$8,530.30
Club Picnic	<b>\$1,605.50</b>	\$1,576.23
Donations	<b>\$0.00</b>	\$150.00
Dues (LAB, Adventure Cyclist)	<b>\$119.94</b>	\$255.00
General Membership Meetings	<b>\$120.98</b>	\$309.87
40th Anniversary Event	<b>\$0.00</b>	\$0.00
Silver Wheels Picnic	<b>\$0.00</b>	\$0.00
Historian	<b>\$0.00</b>	\$0.00
Insurance	<b>\$920.00</b>	\$766.80
Jerseys	<b>\$764.00</b>	\$81.00
Promotion/Logo	<b>-\$560.00</b>	\$0.00
Map Packs	<b>\$152.41</b>	\$91.92
Membership	<b>\$399.43</b>	\$331.86
P.O. Box	<b>\$60.00</b>	\$58.00
Ride Committee	<b>\$402.16</b>	\$484.30
Sales Tax	<b>\$395.83</b>	\$254.05
Newsletter	<b>\$680.05</b>	\$1,236.67
Sunshine	<b>\$0.00</b>	\$27.00
Supplies	<b>\$77.49</b>	\$0.00
Website	<b>\$178.17</b>	\$795.25
Club Trip	<b>\$0.00</b>	\$6,814.36
<b>TOTAL EXPENSES</b>	<b>\$19,215.28</b>	\$25,727.65
<b>TOTAL SURPLUS/ (SHORTFALL)</b>	<b>\$1,649.67</b>	\$2,496.21
Cash Balance - Beginning	<b>\$14,087.14</b>	
Cash Balance - Ending	<b>\$15,736.81</b>	

## Ride Leaders Needed!

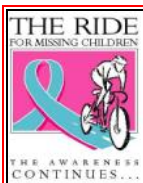
Believe it or not, the ride season is here. It might be hard to tell with all of the snow in the air, but the newsletter for April rides is here now and I did not have enough ride leaders signed up to fill all of the slots. Instead, I put my name in several places on the schedule on page 2, but it would help a lot if you could volunteer for one of those.

Here is the list of rides that need leaders for the next couple of months. Remember, you don't have to "lead" the ride, just sign people in at the start. My name will go on the rides without leaders, but I'd really like volunteers for rides that are not close to my house in Lancaster. If you are able to help with one of these rides call me at 984-1415 or email me at [brendafischer99@yahoo.com](mailto:brendafischer99@yahoo.com) so I can get the ride packet to you. (Bradshaw Hovey gets the Ride Committee Appreciation Award for signing up for the most rides at the General Membership Meeting in February!)

*Thank you,  
Brenda (VP, Ride Committee)*

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Town	Start Location
Sunday, April 06	11:00	400	East of Akron	33/22	Easy	0	Akron	Russell Town Park, Akron
Saturday, April 12	11:00	767	Bunker Hill Road	36 /27	Easy	0	Clarence	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich
Sunday, April 13	11:00	393	Riding Baer	29/20	EZ	NA	Amherst	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd
Saturday, April 26	11:00	397	Wine Xpress	32	EZ	0	Pendleton	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton
Saturday, May 03	10:00	383	The Nth Degree	31 /22	XD/MD	2000/1200	East Aurora	Hamlin Park (south parking lot), S Grove St
Sunday, May 04	10:00	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst
Sunday, May 04	10:00	271	Java Lake Ride	39	Diff	2850	Holland	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)
Sunday, May 11	10:00	223	Lamb's Corners	61	XD/mod	3100/1000	Batavia	Wendy's lot, Genesee County Mall, RT 5, Batavia
Sunday, May 18	10:00	703	Lockport-Middleport	32	Easy	0	Lockport	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport
Saturday, May 24	10:00	733	Royalton Center	39	Easy	0	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst
Sunday, May 25	8:00	142	Members Memorial Century	101	XD	0	Pendleton	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton
Saturday, May 31	10:00	361	Bill's Training Ride	30 / 16	Easy	0	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst
Saturday, May 31	10:00	337	The Plank	38	Easy	800	Hamburg	Parking Lot behind fire hall across from 44 Long Ave, Hamburg
Sunday, June 01	9:00	251	Lancaster to Akron Falls	36	Easy	0	Lancaster	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.

# Make a difference with your bike-ride for a good cause!



## Ride for Missing Children

Date: Friday, May 30

Start/Finish: ECC North

Fundraising minimum: \$300 (\$250 in some special situations)

Learn more/Register: <http://www.rideformissingchildrenbuffalo.org>

Phone contact: (716)842-6333

The mission of the ride is to: remember all missing children, spread awareness of the plight of all missing and exploited children, and raise funds to support prevention education programs, poster distribution, and the mission of NCMEC/NY. All bicyclists ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mph on the 100 or 45-mile ride. There is no fee to ride, but riders are required to raise a minimum of \$300 each.



## Tour de Cure

Date: Saturday, June 7

Start/Finish: Niagara County Community College

Registration Fee: \$15

Fundraising minimum: \$200

Learn more/Register: <http://main.diabetes.org/goto/NFBC>

Phone Contact: (716) 835-0274 x3705

Help fight diabetes with NFBC! The Tour De Cure is sponsored by the American Diabetes Association to support diabetes research, education, and advocacy. You can choose a route from 6 to 100 miles when you raise the minimum \$200 in contributions. When you register to ride in the Tour de Cure, be sure to join the team "NFBC, Niagara Frontier Bicycle Club". Contact team captain Elaine Rubenstein ([elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)) with any questions.



## Ride for Roswell

Date: Saturday, June 28

Start/Finish: University at Buffalo, Amherst campus

Registration Fee: \$20

Fundraising minimum: \$200 (\$350 for the 45 mi. route)

Learn more/Register: <http://rideforroswell.org/>

Phone Contact: (716) 843-7433

The Ride for Roswell supports the Roswell Park Cancer Institute and its core mission to understand, prevent, and cure cancer. Ride routes range from 3 to 104 miles for \$200 in fundraising. A special 45 mi. route is reserved for the best fundraisers. Ride for Roswell draws the largest number of participants of the local charity rides, expecting 8000 riders this year. When you register, join the NFBC Team. Contact team captain Linc Blaisdell ([linc43@roadrunner.com](mailto:linc43@roadrunner.com)) with any questions.



## Bike MS Southtowns Shuffle

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1<sup>st</sup> time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP)

Learn more/Register: [http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr\\_id=23846&pg=entry](http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry)

Phone Contact: (800) 344-4867 x 70332

The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. Rides range from 15 to 100 miles through the beautiful Southtowns of Western New York and to popular Buffalo-centric landmarks. The fundraising minimum is \$250, but there are discounts for 1st time riders and people who ride in two upstate NY rides. Bike MS will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. Don't just ride, Bike MS.

# July 2-6

# Syracuse/Finger Lakes Club Trip



We'll explore the greater Syracuse area and Finger Lakes using the Comfort Inn and Suites in North Syracuse as our home base in this "you show-you go" NFBC trip. Alex Setlik has chosen rides that are

diverse in scenery, distance and terrain—truly something for everyone! The Comfort Inn & Suites is conveniently located for the remote starts, and it is a quick 4-mile drive to Armory Square in downtown Syracuse, an historic, architecturally interesting area with diverse eateries, boutique shops, and entertainment.

## The Rides

**WED – MORMON COUNTRY:** 29 miles (MOD). Check out the low rolling glacially formed (drumlin) hills. The ride start is at 10AM at the Hill Cumorah visitors' parking lot on Rt. 21, 2.5 miles off Thruway I-90 exit 43. Lunch stop will be in Newark at the 20 mile mark.

**THU – ONEIDA RIVER MEANDER:** 42 miles (E-Z). Remote start at Little Caesars / Liquortown Plaza, I-81, exit 31, west on Bartell Rd. (13 miles from hotel). See map for crossover opportunities for a shorter ride. The ride starts at 9 AM.

**FRI – SKANEATELES LAKE RIDES:** 31/36/40 miles (M-D). Enjoy rolling hills with gradual inclines. The start is at 9:30 AM in Skaneateles (23-mile drive). Park at the Austin Park Pavilion, located at E. Austin & Jordan Streets. This could be great spot for a post ride picnic. The 40-mile ride loops the lake. Explore Skaneateles after the ride. There are restaurants, boutique shops, and swimming at Clift Park.

**SAT – VAN BUREN-CROSS LAKE RIDES:** 49, 40 and 27 miles (MOD). The ride starts at 9 AM at Van Buren Park, west of Liverpool off I-90 (12-mile drive). There is an optional lunch stop at the Canal Walk Cafe or the Baldwinsville Diner.

**SUN – OWASCO LAKE:** 37 miles (MOD). Easy to moderate cycling. Some level riding with gradual hills. Check out of the hotel and drive to a 9:30 AM remote start in Auburn (35 miles). The start is at Emerson Park on Rt. 437 at the

north end of Owasco Lake. Be sure to visit Fillmore Glen State Park at the South end of Owasco Lake during the ride. It's a beautiful park with swimming facilities. After the ride continue on to Buffalo, about a 2.5-hour drive.

## The Hotel

The Comfort Inn & Suites in North Syracuse is non-smoking and conveniently located for quick express highway drives to the ride starts. Armory Square is only a 4-mile drive from the hotel. It is only a 1.5-mile ride from the hotel to the scenic Onondaga Lake Park, one of America's top ten National Heritage Parks. Continue to loop the lake on trail (total 20 miles). The hotel has a large indoor pool, a hot tub, and fitness facility. A complimentary hot breakfast and internet access are included. There is a restaurant on-site. Directions: Take I-90 exit 36 to I-81 South. Stay in R lane and get off at exit 25 (7th North St.). Turn right on Buckley Rd. Hotel is on left.

## Reservations

Call (315) 457-4000. Mention NFBC Buffalo, Niagara Frontier Bicycle Club. The rooms have two queen beds and are \$95.00 per night plus 13% tax. Notify Alex Setlik at [alex.setlik@verizon.net](mailto:alex.setlik@verizon.net) that you've registered and he'll reply with the ride package (pdf files).



# Batavia/Mumford Club Trip

## July 18-20

*A great trip in our  
own backyard!*



Sometimes the best cycling adventures are close to home. Join Tom Barone on an NFBC touring-style trip along gently rolling country roads highlighted by a visit to the Genesee Country Village and Museum. On the first day we'll cycle from Buffalo to Batavia by way of Akron (lunch at *Mary's Good and Plenty* with time for those who want to see Akron's sights, including the famous Octagon house). Continuing on to Batavia, we'll stay at the Best Western Crown Inn and Suites, where Tom has reserved a block of rooms (\$119 for a room with 2 queen beds, \$129 with 2 king beds). The Best Western offers an indoor pool, hot tub, and fitness center, as well as a complimentary hot breakfast and internet access. Most importantly, the rooms are big enough for our bikes! On Saturday we'll cycle from Batavia to



Mumford to enjoy a full visit to the Genesee Country Village and Museum. Focusing on the 19<sup>th</sup> century, this local gem is a must for anyone with an interest in our nation's early history. The highlight of our trip will be a civil war reenactment, complete with battles and live cannon fire! Saturday night back in Batavia features a group dinner option at *Alex's*, a lively, sprawling restaurant with a diverse menu. On Sunday we cycle back to Buffalo.



**Sign up now! Call the the Batavia Best Western at 585-344-8882 to make your reservation; be sure to mention NFBC & Tom Barone, to get a room reserved at a group rate. The trip will leave from UB North Campus where permits will be provided for safe vehicle parking during the trip. Remember, this trip is *a la carte* style with lots of flexibility built in. Contact Tom Barone ([tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com)) to let him know you have registered, or with questions.**

## Janice Cochran is NFBC's new "Bicycling Advocate"

"I'd like to help the club use its power (in numbers and in expertise) to help push bicycling issues to continue making Western NY a great place to bicycle"



said Janice Cochran, first holder of the newly-created "Bicycling Advocate" position for NFBC. The club has a tradition of promoting cycling for sport and recreation, as well as working to insure safe cycling through rider education and political

advocacy. Janice plans to "connect with local and state bike advocacy organizations to see what issues are currently in progress and to see what tools and resources are available". For example, she will be meeting with Justin Booth of Go Bike Buffalo.

Janice said, "I'd also like to learn what issues are most important to club members." Contact her at [jcochran@buffalo.edu](mailto:jcochran@buffalo.edu). The NFBC Board created the new Bicycling Advocate position to keep us informed about issues that affect all bicyclists' right to safely ride on shared streets, and to represent the club at as our advocate for these issues. Thanks to Janice for taking on this important job!

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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"/> \$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:

1. 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.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. 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.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. 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, 2014

*NFBC—We ride every day*

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

MAILING ADDRESS

