

# NFBC NEWSLETTER

April 2015

*We ride every day!*

Volume 46, Issue 3

## Dates to Remember

- Wed Apr. 1, start of weekday rides.
- Fri., Apr 3, Elma TGIF ride special start time 3pm.
- Sat., Apr 25 Trash and Treasure Ride.

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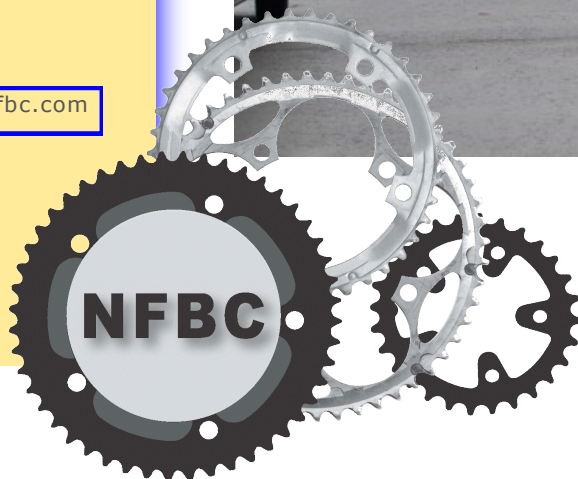
[www.nfbc.com](http://www.nfbc.com)

## St. Patrick's Day Ride 2015

A hearty bunch kicked off the NFBC's 2015 ride season. With over-cast skies, air temperature just above freezing and a stiff breeze from the northwest, 16 members signed in and cranked out 27 (or 17) miles of the St. Patrick's Day ride on Sunday, March 15. Ride facilitator Mike Dusing kept shaking his head in disbelief at the large group that showed up in marginal weather. Even the light snow that dampened the roads just before ride start didn't seem to dissuade NFBC veterans and a couple of new members from augmenting their 2015 mileage stats while dodging pot holes along the North-towns route. There were no reports of leprechaun sightings during the ride by the peloton, but the leprechaun may have been the one who signed in and disappeared at picture time.



St. Patrick's Day Ride 2015





**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.

*We Ride Every Day*

## April 2015 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Apr 4	11:00AM	922	Lancaster Day Ride	0	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster	Mike Dupre 352-1644
Apr 4	11:00AM	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	Julie Alsani 474-0622
Apr 5	11:00AM	713	Darien Lake State Park	38 / 30	Easy	1100/750	Westwood Park, Erie St & Pavement Rd., Lancaster	Brenda Fischer 984-1415
Apr 11	11:00AM	290	Eden-Evans Circuit	32/21	Mod	1340	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 992-4081
Apr 11	11:00AM	901	Clarence Day Ride - (selected based on weather of the	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Jack Rimlinger 741-8512
Apr 12	11:00AM	393	Riding Baer	29/ 20	Easy/ Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Brenda Fischer 984-1415
Apr 12	11:00AM	709	Toy Town Tour	35 / 28	Mod	1500/700	Hamlin Park (south parking lot), S Grove St	Pat Danaher 310-8136
Apr 18	11:00AM	701	Panera Pedal	27/21	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Brenda Fischer 984-1415
Apr 18	11:00AM	342	Butterwood Bakery Ride	31 / 21	Diff/Mod	2000/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 310-8136
Apr 19	11:00AM	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
Apr 19	11:00AM	400	East of Akron	33/22	Easy	0	Russell Town Park	Jack Rimlinger 741-8512
Apr 25	11:00AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 692-8222
Apr 26	11:00AM	397	Wine Xpress	32	EZ	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Brenda Fischer 984-1415
Apr 26	11:00AM	411	Houses of the Holy	41/26	XD / Diff	2700/1500	Elma Meadows	Ron Penton 531-1047

**Difficulty Key:** Easy = Easy    Mod = Moderate    MD = Moderately Difficult    Diff = Difficult    XD = Extra Difficult    XXX = Extremely 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	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 688-2968
	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., Swormsville (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.

## Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

If you haven't done so yet, you can renew your membership in the club by sending a check to me with the signed membership form.

The membership form is located on page 7 of the Newsletter, or online at: <https://nfbc.com/Assets/Documents/NFBC%20Membership%20Application%202011.pdf> You may also use a credit card to renew on the NFBC website. <http://www.nfbc.com/>.

Thanks, Roy

# APRIL 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 10 AM Orchard Park 6 PM Hamburg	<b>2</b> 10 AM Lancaster 6 PM Amherst 6 PM Lancaster	<b>3</b> 10 AM Clarence 3PM Elma	<b>4</b> 9 AM Amherst 11 AM Lanc Day 11 AM OP Four Way Split
<b>5</b> 9 AM Buffalo 11 AM Lancaster Darlen St. Park	<b>6</b> 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	<b>7</b> 10 AM Tonawanda 6 PM Hamburg	<b>8</b> 10 AM Orchard Park 6 PM Hamburg	<b>9</b> 10 AM Lancaster 6 PM Amherst 6 PM Lancaster	<b>10</b> 10 AM Clarence 6 PM Elma	<b>11</b> 9 AM Amherst 11 AM Hamburg Eden-Evans Ckt 11 AM Clarence Day
<b>12</b> 9 AM Buffalo 11 AM Amherst Riding Baer 11 AM East Aurora Toy Town Tour	<b>13</b> 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	<b>14</b> 10 AM Tonawanda 6 PM Hamburg	<b>15</b> 10 AM Orchard Park 6 PM Hamburg	<b>16</b> 10 AM Lancaster 6 PM Amherst 6 PM Lancaster	<b>17</b> 10 AM Clarence 6 PM Elma	<b>18</b> 9 AM Amherst 11 AM Amherst Panera Pedal 11 AM OP Butter-wood Bakery
<b>19</b> 9 AM Buffalo 11 AM Wales Hunters Creek 11AM Akron East of Akron	<b>20</b> 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	<b>21</b> 10 AM Tonawanda 6 PM Hamburg	<b>22</b> 10 AM Orchard Park 6 PM Hamburg	<b>23</b> 10 AM Lancaster 6 PM Amherst 6 PM Lancaster	<b>24</b> 10 AM Clarence 6 PM Elma	<b>25</b> 9 AM Amherst 11 AM OP Trash and Treasure
<b>26</b> 9 AM Buffalo 11 AM Pendleton Wine Express 11 AM Elma Houses of the Holy	<b>27</b> 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	<b>28</b> 10 AM Tonawanda 6 PM Hamburg	<b>29</b> 10 AM Orchard Park 6 PM Hamburg	<b>30</b> 10 AM Lancaster 6 PM Amherst 6 PM Lancaster	<b>1</b> 10 AM Clarence 6 PM Elma	<b>2</b> 9 AM Amherst 11 AM Clarence Bubbaloo's 11 AM East Aurora Nth Degree

The recurring day-of-the-week rides are indicated in italics.  
Weekend Rides (schedule on page 2) start at 11AM this month.

## 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 [powell.dennis.j@gmail.com](mailto:powell.dennis.j@gmail.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!

## Friday Apr. 3 Elma Ride, Special Time - 3pm

Folks, Loren and I are looking forward to hosting another year's worth of TGIF Elma rides. We'll have several new routes and, as always, dual distance/difficulty (yes, people do both). Of course, the social aspect of this TGIF ride will be same as always. After the ride and the parking lot "debriefing", it will be "table for twenty, please" at a nearby restaurant. This year, our inaugural ride (Apr. 3) just happens to fall on Good Friday. As many have the day off of work, we will kick-start the year with a 3:00 PM start. If it's a great day, we'll get in a couple extra miles. If not, we will have a jump on the dinner crowd.

So come on out,  
Pat and Loren.

## NFBC Club Trip - Finger Lakes

**What:** Finger Lakes Club Trip, originally proposed by Alex Setlik, will be run in his honor by Cindy Adams.

**When:** July 9 - 13.

**Where:** Holiday Inn, Waterloo, NY is the hotel with rooms set aside for club members on this trip. Call the Holiday Inn at 315-539-3290 and use code "NFB" for making a reservation. Rooms are \$125/night (plus taxes) and include refrigerator and microwave. The block of rooms set aside for the NFBC will be released 6/9/15, so don't procrastinate too long.

Contact Cindy (cynthia12@roadrunner.com) when you have made your reservation.

Cindy is looking for help with a wine and cheese social and a picnic on the trip. Let her know if you can lend some assistance with this.

More details about the trip are at:

<https://nfbc.com/Assets/Documents/NewsLetter/Mar15NFBCNews.pdf>



**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 12:30 to 1 pm. 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!





## NFBC Board Meeting Minutes

NFBC Board Meeting 9Mar15

In attendance:

Linc Blaisdell, Cindy Adams, Ian Currie, Frank Soltiz, Roy Tocha, Dennis Powell, Ron Penton, Joe Pizzuto

Absent:

Jack Rimlinger, Liz Skelton

- Review meeting minutes of 12Jan15
- Rob Nowinski collecting ride sheets for data input. Confirming address labels to Rob on envelopes.
- Discussed chatter on Yahoogroups regarding Newsletter name. Some in favor of reverting to Spokesman, some opposed, noted that many organizations similar to NFBC simply have "<organization\_name> Newsletter". Majority voted to leave as is for now.
- Discuss suitability of advertising a ride "Cycle Adirondacks" on Yahoogroups. Acceptable because it is not a 'for profit' ride.
- Web site – some links to other web sites and organizations were transferred from old site. Ron enumerated the links, Board voted on which to remain, which to remove. Also discussed Bike Shop advertising. Linc has idea of special 'business' membership for Bike Shops. Special form without member-specific fields to be drafted. Bike shop members will still need individual memberships for riding with club. Business membership for advertising in Newsletter and on NFBC web site. Board voted to set price as same as individual membership.
- Club Trip – Cindy getting help from Brenda in preparing cue sheets (other members of ride committee may assist). Cindy didn't get any offers for helping with social activities during trip yet.
- Ron to hold a 'route-making' class to train on tools he developed for NFBC members (particularly weekday ride leaders) to be able to plot their routes, have a cue sheet automatically generated and have routing files created suitable for use with GPS devices. No date set yet but coming soon. Brenda may be able to offer venue for class.
- Safety – ongoing discussion regarding stressing safety on club rides. Copies of another club's rules (from Janice Cochran) passed around. All agreed, need to comply with NYSVTL regarding cyclists on the road. Beyond that, club can draft a policy statement for things like yelling 'Clear' at intersections (some experiences with this being unsafe were shared). Jim Vozga may be asked to draft policy? Policy would be recommendations for members to adhere to. For 'education', safety tip of the week could be put out on Yahoogroups. Safety tip item could be regular feature in Newsletter. Safety tip 'reminders' could be announced at ride starts by weekday ride leaders. Safety tip would explain why a particular recommendation would result in safer cycling using examples from rider experience. Policy sheet could be distributed to new members. More to come.

## Niagara Frontier Bicycle Club

### Board of Directors

#### President

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#### Webmaster

Ron Penton  
webmaster@nfbc.com

## 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

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	Email	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
<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@yahoogroups.com](mailto: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:

**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 2015

*NFBC—We ride every day*

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

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