

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

April 2016

We ride every day!

Volume 47, Issue 3

Dates to Remember

- Thurs. Apr 1 -
Day of Week
rides begin
- Sat. April 23 -
Trash & Treasure
- Sat. April 30 -
Independence at
the Falls ride

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www.nfbc.com

CRANK IT UP

Our season gets into high gear now that April, with more daylight and spring warmth, are here. Weekday rides commence and our weekend rides will gradually get longer as the month progresses.

There are, of course, many opportunities to ride outside of club events. One of the more rewarding options are to sign up and ride for a charitable cause. The charity gets your fundraising efforts and you get to enjoy doing something you enjoy doing anyway. Charity rides are usually well supported with nicely spaced rest stops stocked with food and water. If you want to challenge a distance you've never tried before, charity rides are a good way to do it. Within this issue is a list of many of the local charity ride events in the area for this year.

Another worthy cause that is exclusively a club effort is the Trash and Treasure ride. The NFBC partakes in the Adopt-A-Highway program run by New York State. Our little patch of highway is part of Rt. 277 a little north and south of Chestnut Ridge Park. We basically do a ride (modestly long and short versions available). After the ride, we gather up bags and safety gear and do a clean up along the road, then have a party afterwards (pizza, usually). The Trash and Treasure ride is run once in spring and again in fall. Once the trash has been bagged, time to treasure the good time you'll have with friends at the party after. If you've never done this ride, give it a try on April 23.

Cindy Adams is putting together a nice club trip near Corning, NY for this summer. Details are within this newsletter.

ERRATA - The **PRINT** version of the March 2016 Newsletter listed the Century Challenge as May 18 in the Special Events 2016 list. That should have been June 18.

Ride Leaders Needed

Peg Walker has decided to step down from leading the very popular Wednesday evening Swormville ride out of St. Mary's church. Carlos Torres (thank you , Carlos) has offered to fill in as the temporary ride leader until a permanent replacement can be found. There are quite a few regulars to that ride who might consider taking on the ride leader role. A team of leaders can make the duty easier.

Likewise, the Thursday evening ride out of the Buffalo Niagara Heritage Village (formerly the Amherst Museum) is also in need of a ride leader. Marty Viggato is keeping it going for 2016 until a new ride leader can take over. Again, a team of ride leaders for that ride can work well.

The NFBC Ride Committee can lend some assistance with getting a new ride leader set up. If you want to help out or have questions about what ride leader duties are about, call or email Brenda Fischer. Contact info is at the back of the newsletter.

Thanks go out to Peg and Marty for their years of service in leading their rides.



April 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Apr 02	11:00 AM	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 02	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)	Bill Harrington 667-3793
Sun, Apr 03	11:00 AM	925	Amherst Museum Day Ride	15-30	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Julie Alsani 474-0622
Sun, Apr 03	11:00 AM	905	East Aurora Day Ride	15-30	0	0	Hamlin Park (south parking lot), S Grove St	Pat Danaher 310-8136
Sat, Apr 09	11:00 AM	901	Clarence Day Ride - (selected based on weather of the day)	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sat, Apr 09	11:00 AM	290	Eden-Evans Circuit	32/21	Mod	1340	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Charles Grammer 713-1469
Sun, Apr 10	11:00 AM	393	Riding Baer	29/ 20	Easy/ Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Mohamed Zeid 636-8276
Sun, Apr 10	11:00 AM	709	Toy Town Tour	35 / 28	Mod	1500/700	Hamlin Park (south parking lot), S Grove St	Fred Marcheson 870-2112
Sat, Apr 16	11:00 AM	701	Panera Pedal	27/21	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Margaret Rockwood 361-0146
Sat, Apr 16	11:00 AM	342	Butterwood Bakery Ride	31 / 21	Diff/Mod	2000/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Don Crane 901-1619
Sun, Apr 17	11:00 AM	400	East of Akron	33/22	Easy	0	Russell Town Park	Liz. Skelton 400-6091
Sun, Apr 17	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	Loren Danaher 430-1600
Sat, Apr 23	11:00 AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 598-8222
Sun, Apr 24	11:00 AM	397	Wine Xpress	32	EZ	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Joe Pizzuto 835-6112
Sun, Apr 24	11:00 AM	411	Houses of the Holy	41/26	XD / Diff	2700/1500	Elma Meadows	Julie Alsani 474-0622
Sat, Apr 30	11:00 AM	312	Bubaloos (old Billy Bob's)	45/31	Easy	0	Clarence Middle School, Greiner at Strickler	Bruce Jansen 677-4725
Sat, Apr 30	11:00 AM	383	The Nth Degree	31 /22	XD/MD	2000/1200	Hamlin Park (south parking lot), S Grove St	Dave Dunkle 359-0690
Sun, May 01	10:00 AM	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Elaine Rubenstein 633-2133
Sun, May 01	10:00 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)	Michael Mieney 566-8909

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = 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	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
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Carlos Torres 517-5940
	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	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
Friday	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
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Bob Silkes 688-6246
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)	
Weekday AM Rides	10:00 AM in April, May,	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

APRIL 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 10 AM Clarence 6 PM Elma	2 9 AM Amherst Lancaster Day Ride Four Way Split
3 9 AM Buffalo Amherst Day Ride East Aurora Day Ride	4 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	5 10 AM Tonawanda 6 PM Pendleton 6 PM Hamburg	6 10 AM Orchard Park 6 PM Swormville 6 PM Orchard Park	7 10 AM Lancaster 6 PM Amherst 6PM Lancaster	8 10 AM Clarence 6 PM Elma	9 9 AM Amherst Clarence Day Ride Eden Evans Circuit
10 9 AM Buffalo Riding Baer Toy Town Tour	11 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	12 10 AM Tonawanda 6 PM Pendleton 6 PM Hamburg	13 10 AM Orchard Park 6 PM Swormville 6 PM Orchard Park	14 10 AM Lancaster 6 PM Amherst 6PM Lancaster	15 10 AM Clarence 6 PM Elma	16 9 AM Amherst Panera Pedal Butterwood Bakery
17 9 AM Buffalo East of Akron Hunter's Creek	18 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	19 10 AM Tonawanda 6 PM Pendleton 6 PM Hamburg	20 10 AM Orchard Park 6 PM Swormville 6 PM Orchard Park	21 10 AM Lancaster 6 PM Amherst 6PM Lancaster	22 10 AM Clarence 6 PM Elma	23 9 AM Amherst Trash and Treasure
24 9 AM Buffalo Wine Xpress Houses of the Holy	25 10 AM Pendleton 6 PM Clarence 6 PM East Aurora	26 10 AM Tonawanda 6 PM Pendleton 6 PM Hamburg	27 10 AM Orchard Park 6 PM Swormville 6 PM Orchard Park	28 10 AM Lancaster 6 PM Amherst 6PM Lancaster	29 10 AM Clarence 6 PM Elma	30 9 AM Amherst Bubbalo's Nth Degree

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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 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, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

NFBC Club Trip- Horsehead/Corning, NY

This year's club trip is sure to be a crowd pleaser. There are ride options that will meet everyone's interest and riding ability. We will peddle down country roads, ride along the Chemung River, and travel through scenic bypasses that connect small towns to each other. In addition to a great cycling adventure, the Horsehead/Corning area offers an array of art, culture, dining and shopping for us to experience. In less than a 20-minute drive from the hotel, there is the Corning Museum of Glass, Rockwell Museum of Art, Watkin's Glen (the village, the park, the racetrack) and the National Soaring Museum. We will be sure to squeeze in some time for a bike club wine & cheese social and other exclusive club activities.

A block of rooms have been reserved at the Hampton Inn Hotel for July 21-24. The rate for the 5-star hotel is \$129.00 per night for a room with 2 queen beds and \$134.00 for a room with a king bed, plus 12% tax. Rooms include a refrigerator and microwave. We will meet on the 1st floor each morning for a free breakfast. June 21st is the deadline to make your reservations at the special rate. Cancellation can be made up to 24 hours prior to arrival date. When you call to make your reservations (607- 795-3333), use the code **NFBC**. Please notify Cindy Adams at Cynthia12@roadrunner.com when you have booked your stay to ensure you receive your information packet prior to the trip date.



EVENT ANNOUNCEMENT FROM ONE OF OUR SPONSORING BIKE SHOPS

On Sunday, May 29, I am putting on a bike festival and demo day in conjunction with 42 North Brewery in East Aurora. It will take place right at the brewery on Pine Street. We're Planning group rides, demos and vendors with a party afterwards in the beer garden.

Regards,

Dan Park, President/Owner
Chain Ring Rhythm
245 Main St.
East Aurora, NY 14052
Store: 716-714-5952
Cell: 716-666-1560



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

Independence at the Falls Ride

Date: Saturday April 30. Start/Finish: Seneca Niagara Resort and Casino, Niagara Falls, NY. Registration Fee: Unknown.
Main Website <http://independencefund.org>

2016 will be the Inaugural hosting of the Independence Ride in Niagara Falls, NY. The Seneca Niagara Resort and Casino will be the host venue for this event. The weekend will start with a bicycle ride on Saturday morning and be followed in the evening by a gala banquet with a dynamic speaker and entertainment in the Seneca Ballroom. We expect over 150 disabled veterans and caregivers to join over 300 local civilian riders from the surrounding Buffalo area in the ride and banquet. There will be three routes, approximately 12, 32 and 50 miles in length. Registration on the day of the ride begins at 6:30am at the Seneca Niagara Casino. Opening ceremonies begin at 8:00am. Come early as the veterans always look forward to the warm reception they receive from the local citizens. Registration for the ride and tickets for the banquet may be purchased at the web site listed above. Packet pickup Friday April 29 11:00 - 13:30, 16:00 - 18:30 at Seneca Niagara Casino.

Benefit: Severely injured U.S. military veterans

NOTE: Routes are being developed by NFBC's very own Tom Williams.

Niagara Hospice Gran Fondo

Date: Saturday, May 14. Start/Finish: Krull County Park, Olcott, NY. Registration Fee: \$55 (to 5/7), \$65 thereafter.
Learn more/Register: <http://hospicegranfondo.com>

Phone Contact: (716) 280-0728

The Hospice Gran Fondo is an annual charity bike ride around the beautiful Niagara County countryside held to raise funds for Niagara Hospice. All the proceeds from the ride benefit Niagara Hospice patients and families.

Founded in 2014, the first annual Hospice Gran Fondo bike ride had over 750 riders and raised over \$25,000 for Niagara Hospice Alliance. Over 100 riders responded to our post-ride survey and all said they would recommend our ride to their friends. We look forward to continuing to grow the Hospice Gran Fondo into one of the premiere bike rides in the area, while raising funds for and awareness of Niagara Hospice services.

Ride for Missing and Exploited Children

Date: Friday, May 20, Start/Finish: Ralph Wilson Stadium, Orchard Park. 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 4, Start/Finish: Old Falls St., Niagara Falls, NY. Registration Fee: \$25, Fundraising minimum: \$200, Learn more/Register: http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?pg=entry&fr_id=11028

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) with any questions.

Ride for Roswell

Date: Saturday, June 25, Start/Finish: University at Buffalo, Amherst campus, Registration Fee: \$20, Fundraising minimum: \$200 (\$500 for the Canada 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 100 miles for \$200 in fundraising. When you register, join the NFBC Team. Contact team captain Linc Blaisdell (linc43@roadrunner.com) with any questions.

Bike MS Buffalo's Great Lake Escape 2016

Date: Saturday, August 6. Start/Finish: Evangola State Park, Irving, NY. Registration Fee: \$25, Fundraising minimum: \$200 (due on or before date of ride). Learn more/Register: http://main.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?pg=entry&fr_id=27718

Phone Contact: 1-800-344-4867 (press 2)

Home base is the beautiful and historic Evangola State Park. Make your Great Lake Escape to the scenic south shore of Lake Erie! Enjoy miles of water views that range from shoreline height to breath-taking cliff-top vistas with views of Canada. Rest areas will include the Dunkirk Pier, a Westfield vineyard and a "Million Dollar View" of the Buffalo Harbor and Skyline, the Lackawanna Steel Winds Turbine Farm, and the Ontario, Canada shoreline. Our fully-supported route options include 15 to 100 miles, and a youth ride that is completely contained on a paved, wide, multi-use path within the park that is free of vehicle traffic. These routes will be the least-hilly in the history of Western New York Bike MS rides, and they will be the most visually appealing!

Tour de Teddi

Date: Saturday, September 17. Start/Finish: Camp Good Days Branchport Recreational Facility, 643 West Lake Rd., Branchport, NY. Registration Fee: \$45.

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

Phone Contact: (585) 624-5555

Tour de Teddi offers two different cycling courses: 45 miles around Keuka Lake or 27 miles down and back to Hammond-sport.



St. Patrick's Day Ride 2016

A midweek rain washed much of the winter's road salt off of the roads and left us with some decently clean pavement for the NFBC's 2016 kickoff ride. Air temperature was hovering around 50 degrees at ride start but overcast skies and a NE wind put a little bite into the air. Ride leader Elaine Rubenstein reports that there were 81 sign-ins eager to get the season started. We must have been quite the spectacle on those Pendleton roads.



Count 'em, 81 riders ready to roll March 13, 2016

Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

Feb 29th, 2016 was the last day of your 2015 membership. If you haven't renewed your membership in the club, please do so by visiting <https://nfbc.com>, click on Membership at the top, select your options at bottom and click on PayPal. Note, you DO NOT need a PayPal account. PayPal is used only for processing of your credit card. You can also renew by printing the membership form and sending a check made out to Niagara Frontier Bicycle Club to me with the signed membership form.

The membership form and my address are located on page 11 of the Newsletter.

Thanks,
Roy

Support the Local Bike Shops that support your NFBC



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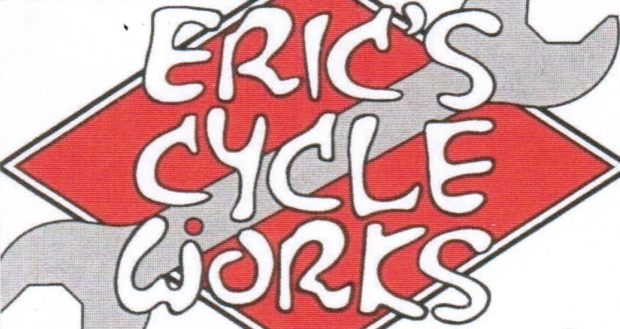
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— Let the Ride Decide —



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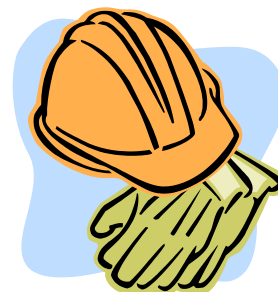
**Saturday
April 23**

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!



Niagara Frontier Bicycle Club

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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
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:

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 2016

NFBC—We ride every day

Niagara Frontier Bicycle Club
P.O. Box 211
Buffalo, New York 14226-0211

