

NFBC NEWSLETTER

Dates to Remember

- April 3 - Weekday rides start
- April 14 - Special 2pm start time for Elma Meadows ride

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www.nfbc.com

April showers bring May flowers...



... the saying goes.

Hopefully, those showers so necessary for gardening and agrarian interests will happen well outside our riding times. Have your rain jacket with you on your ride, just in case.

April is where the club really gets serious about riding, where the proverbial rubber and road meet. This is where the NFBC motto of "We Ride Every Day" applies.

During March, there are no weekday rides and the weekend rides are largely the weekday rides offered on the weekend. Nothing against the weekday routes, but the traditional weekend rides are usually longer and more of a deluxe cycling experience. For April, the real weekend rides start showing up on the schedule. You can, of course, get your fill of weekday rides since THEY also start up in April.

Weekday morning and evening rides begin on April 3.

Weekday Morning rides start at 10am and Evening rides start at 6PM for April.

Note, as of the publishing of this issue of the newsletter, a permanent ride leader for the Wednesday evening NORTH ride is still needed. Contact Brenda Fischer (contact info in back pages of the newsletter) if you might be interested.

Membership

If you've been procrastinating about renewing your club membership, you might want to get it done now. Some folks were having issues using the NFBC web site but those problems should be resolved by the time you read this. You can 'reup' conveniently on the web site with a credit card. It's very quick, with no muss, no fuss. Do it now before you forget.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

April 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Apr 01	11:00 AM	922	Lancaster Day Ride - (selected based on weather of the day)	30 / 20	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster	David Dunkle 359-0690
Sat, Apr 01	11:00 AM	228	Four Way Split	35 / 24	Dif / Mod	1650 / 800	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Bill Harrington 667-3793
Sun, Apr 02	11:00 AM	400	East of Akron	33 / 22	Easy	0	Russell Town Park	
Sun, Apr 02	11:00 AM	338	Hunter's Creek	31 / 23	Dif / Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Pat Danaher 310-8136
Sat, Apr 08	11:00 AM	901	Clarence Day Ride - (selected based on weather of the day)	40 / 20	Easy	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Jennifer Adolf 479-2578
Sat, Apr 08	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 09	11:00 AM	393	Riding Baer	20 / 20	Easy	NA	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Mohamed Zeid 868-8198
Sun, Apr 09	11:00 AM	709	Toy Town Tour	35 / 28	Mod	1500/700	Public lot north of Main St. Off Pine, East Aurora	Loren Danaher 430-1600
Fri, Apr 14	2:00 PM	903	Elma Day Ride - (selected based on weather of the day)	40 / 20	Mod	0	Elma Meadows Park, Girdle & Rice Rds	Pat Danaher 310-8136
Sat, Apr 15	11:00 AM	701	Panera Pedal	28 / 22	Easy	0	Buffalo Niagara Heritage Village, 3755 Tonawanda Creek at New Rd, Amherst	
Sat, Apr 15	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 983-4290
Sun, Apr 16	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	1100/750	Westwood Park, Erie St & Pavement Rd., Lancaster	Mohamed Zeid 868-8198
Sat, Apr 22	11:00 AM	273	Trash & Treasure Ride	33 / 24	Mod / Easy	1400 / 700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Sun, Apr 23	11:00 AM	397	Wine Xpress	32 /	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Richard McCarthy 982-0626
Sun, Apr 23	11:00 AM	411	Houses of the Holy	41 / 26	XD / Dif	2700/1500	Elma Meadows	Julie Alsani 474-0622
Sat, Apr 29	11:00 AM	312	Bubaloos (old Billy Bob's)	45 / 31	Easy		Clarence Middle School, Greiner at Strickler	Jane Armbruster 688-3943
Sat, Apr 29	11:00 AM	383	The Nth Degree	31 / 22	XD / Mod	2000/1200	Hamlin Park (south parking lot), S Grove St	Michael Mienev 566-8909
Sun, Apr 30	11:00 AM	742	Lockport-Pendleton	38 / 32	Mod / Easy	1000	Buffalo Niagara Heritage Village, 3755 Tonawanda Creek at New Rd, Amherst	Jane Armbruster 688-3943
Sun, Apr 30	11:00 AM	271	Java Lake Ride	39 / 22	Dif / Mod	2850 / 1700	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	

**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	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
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, 860-9039
	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)	
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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	Brad Chase 632-5636
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.

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

Niagara Hospice Gran Fondo

Date: Saturday, May 13. Start/Finish: Krull County Park, Olcott, NY. Registration Fee: \$55 (to 5/5), \$65 thereafter.

Learn more/Register: <http://hospicegranfondo.com>

Phone Contact: (716) 280-0780

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 19, Start/Finish: New Era Field, Orchard Park.

Fundraising minimum: \$300

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.

Tom's Pro Bike Spring 50

Date: Sunday, May 21. Start/Finish: Westwood Park, Lancaster, NY. Registration Fee: \$25.

Main Website <http://www.tomsprobike.com>

Phone contact: (716) 651-9995

Details:

25 or 50 mile routes

Starts from Westwood park in Lancaster

Mechanical support provided on course

Picnic lunch provided afterwards

\$25 registration goes to support the Lancaster Heritage Trail bike path

Tour de Cure

Date: Saturday, June 3, 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?fr_id=11690&pg=entry

Phone Contact: (716) 835-0274 x3705

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.

Ride for Roswell

Date: Saturday, June 24, 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 5. Start/Finish: Evangola State Park, Irving, NY. Registration Fee: \$20 to 5/19, \$25 from 5/20 to 6/16, \$30 from 6/17 to day of ride.

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=28951

Phone Contact: 716-634-2573 ext. 70505

Bike MS: Buffalo's Great Lake Escape is a ride that will take you farther than you've ever gone before. What makes this ride so special? You'll 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.

Your participation will drive MS research forward faster, and deliver services to those who face the challenges of MS every day so they can live their best lives.

Tour de Teddi

Date: Saturday, September 9. Start/Finish: Camp Good Days Branchport Recreational Facility, 643 West Lake Rd., Branchport, NY. Registration Fee: \$45? (last year's fee).

Learn more/Register: <http://www.tourdeteddi.org> (note, 2017 website was not available at time of newsletter publishing. Announcement for 2017 ride at <https://www.campgooddays.org/event/100036/tour-de-teddi>)

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.

This ride benefits Camp Good Days in Branchport.

NOTE: NFBC club policy says the mileage incurred for charity rides, even those with an NFBC 'team', do **NOT** count in your annual club mileage tally. The feeling is since these rides are for charity, your motivation should not be to pad your club miles with big numbers. There has been another view regarding this, debated by the Board, saying the club should be strongly promoting the charity rides. Allowing credit for mileage gained during a charity event might be an easy way incentivize members to participate in these events. If you feel strongly about this one way or another, contact a board member and state your case. This is YOUR club. Make it the way you want it to be.



What are you doing Memorial Day Weekend?

Interested in riding in Georgetown, Kentucky. The Horsey Hundred cycling event takes place Saturday, May 27th and Sunday, May 28th with optional rides on Friday, May 26th. The website for 2017 will be updated in January. But they usually offer 102 mi., 82 mi., 62 mi., 41 mi., and 25 mi., rides on Saturday and 75mi., 52 mi., 35 mi., and 26 mi. rides on Sunday. All rides start at the Georgetown College. They have great rest stops and SAG support!! They usually have 2,000+ riders. The rides take place in the Kentucky horse country with rolling hills, well-maintained roads, and gorgeous scenery.

Like I mentioned, the website (www.horseyhundred.com) will be updated in January. Last year, Saturday & Sunday registration was \$65 until the middle of May and then went up to \$90. This includes the maps and cue sheets, rest stops every 20 miles, SAG vehicles, and post ride lunches on Saturday and Sunday. The website will have all the details for this year. And they usually have a small gift if you register early.

Accommodations – They usually open the dorms of the college up for people to stay if you would like. They do list hotels and camping information on their website also.

A group of us attended this ride with Alex S. 3 or 4 years ago. It was fantastic!!!! My brother lives in Georgetown and hotel rooms do book fast. Many of us have talked about doing it again this past season. So, I have committed my father and I to do it again in 2017 and if you would like to join us that would be great!!!! I have reserved a block of rooms (10) at the Hampton Inn in Georgetown, KY. They have given me a rate of \$119/night plus tax. The block of rooms is under the name “NFBC Horsey 100 Group” or Group Code Name NFBC. I will lose the group of rooms on May 12th if they are not taken by then. Of course, they have the continental breakfast, hot tub and inside pool and their phone number is 502-867-4888. If you are interested in taking a trip in May, join us. Register for ride (early! and save a few \$\$\$), call the Hampton reserve your room or other hotels or the dorm rooms, and enjoy the ride.

Any questions, please give me a call, 716-479-0841. And, if you do go, let me know. Maybe we could all get together one night and have dinner and/or at least start the ride together!!!

Michele Smith

BEWARE THAT DRIVERLESS UBER TAXI (when they come to Buffalo)

Any cyclist who has spent time sharing the road with cars will have stories about automobile drivers who are oblivious to the cyclist's presence on the road. For sure, cyclists DO present a small profile in the vision field of the car driver as compared to, say, another car. But there is also a certainty that drivers are not always paying attention to their driving as they should, distracted by cell phone calling and texting, dashboard entertainment and navigation systems, dealing with their refreshments or chatting with passengers.

There has, in recent years, been a lot of progress made on development of the driverless car. Google has had considerable success in advancing this technology. Many new cars now employ some of the technology that a driverless car would employ, such as forward collision avoidance, adjacent lane occupancy detection, adaptive cruise control and many others. Machine intelligence has gotten very good at pattern recognition from cameras and, with input from other sensors, has 'learned' how to drive cars with a high degree of safety.

One might think that driverless cars might make it safer for cyclists out on the road. The purpose-built automaton would have all its computer power applied to the task of driving the car. It would not suffer from the many frailties humans exhibit, like getting distracted, getting confused in novel situations, affects of not sleeping enough or driving under the influence of drugs or alcohol. It turns out, for as far as the driverless car has come, bicyclists still present difficulties in detection. Unfortunately, there's still some work to do.

A recent issue of IEEE Spectrum magazine featured an article titled "The Self-Driving Car's Bicycle Problem". In it, several researchers are interviewed regarding the challenges they have been working on in having autonomous cars recognize and deal appropriately with cyclists. In one case, for instance, a hardware and software system under test could successfully 'see' 89% of cars in its path, but only 74% of cyclists. Furthermore, it could correctly predict the orientation of the car being detected 88% of the time but for cyclists, detection of front or back was only 59% successful. Bicycles are not only hard to detect, but it is also hard to predict where the cyclist will be next. Human and autonomous drivers need to be able to 'guess' what others will do next on the roadway. For example, say you're heading down the road in your car. An approaching car has its left blinker on and is slowing. You have the right-of-way if you're going straight. You assume the driver will stop and wait for you to pass, although you may prepare to brake just in case your prediction is wrong. The opposing driver, acting predictably, will likely let you pass. These 'road manners' allow traffic to flow safely and efficiently. Take the predictability factor away and you have the opposite, unsafe and chaotic vehicular transit.

It was the conclusion of at least one researcher that humans are still better at detecting cyclists than automated drivers. We can still hope, though, that technology will prevail as there is still much ongoing research. We may, perhaps, finally get a break (brake?).

The article is at:

<http://spectrum.ieee.org/cars-that-think/transportation/self-driving/the-selfdriving-cars-bicycle-problem>

Help Wanted - Newsletter Editor

If you have a creative bent, have a nose for news, like to turn a phrase or just might be good at finding copyright-exempt bicycling articles to cut-and-paste into the NFBC newsletter, this job may be for you. The editorship of the NFBC newsletter is up for grabs.

The current newsletter is rendered in Microsoft Publisher. Working knowledge of this program or similar (it's just Microsoft Word on steroids) would be helpful.

As a bonus, you get to be a member of the Board of Directors with this position.

Contact editor@nfbc.com if interested.





April Rides of Special Interest

April has a lot of great rides on the schedule. There are perennial member favorites, such as Darien Lake State Park, Java Lake Ride, and Bubbaloos. There is the fairly new "Houses of the Holy" with its oh-so-cool name that will likely become a classic over time.

Put it this way: Just about any of the weekend rides could be a 'special interest' feature here.

I chose the mid-month April 15 rides to feature for this part of the newsletter. I noticed both the north and south offerings that day have an (optional) restaurant stop with that convivial 'get together with friends over lunch' idea as a focal point. Both have a cold weather reputation about them. Both have portions of less pleasant, 'urbanish' roads to deal with. These similarities likely had nothing to do with them occurring on the same date, but I thought it was interesting.

The featured rides this month are Panera Pedal and Maple Country Ride.

NORTH

Panera Pedal - This ride started out as a pickup ride. Club member Tom Barone used to run "you show, you go" rides in the off season. These rides typically featured a coffee stop about half way out. Tom and friends would stop and shoot the breeze over coffee and a bagel (or whatever), then head back. The coffee was nice because these rides very often went off on some downright cold days. Alex Setlik, who created many of the rides in the north inventory, decided to make it a regular ride for the club. Modest distances, even for the long version, makes it a nice ride for easing exercise into those legs that got well rested over the winter.

Note, the short version was revised (improved) over the season break.

IF you stop for coffee at Panera's, see if you can detect the spirits of Alex and Tom in the background din, arguing loudly about something.

SOUTH

Maple Country Ride - This is a 'south and a lot of east' ride. It's nice to get away from the same old same old with a more distant ride start, check out some different scenery. This ride also features a 'lunch stop' at Moore's Maple Shack and Pancake House for all you can eat pancakes. The route DOES include some hill climbing (and some nice vistas), but you get that all done BEFORE the pancake stop. Of course, since your out that way, there are several places where you might pick up some genuine New York maple syrup to take back with you after the ride (along with what's already in your belly).

SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



Tom Lonzi
Owner

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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 editor@nfbc.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!

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 releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:
 NFBC Inc.
 c/o Michele Smith
 1537 Sundance Trail
 Lakeview, NY 14085

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.

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NFBC—We ride every day

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