

April 2019

We Ride Every Day

Volume 50, Issue 3

NFBC NEWSLETTER

Dates to Remember

Trash & Treasure Ride
Saturday April 20th

Club Trip
to Ashtabula Ohio
July 26 to 30th

What's Inside

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Two Non NFBC Bike
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Don't miss this!



Eleven well bundled riders started the NFBC 50th Anniversary Season on March 17th, St. Pat's Day. The sky was blue, the roads were (mostly) dry and it was cold. A great start to what will be a memorable season.

Happy Spring

RIDE TIMES! RIDE TIMES! RIDE TIMES!

During the annual kick off meeting, a proposition to change the **April weekend ride start from 11:00 AM to 10:00 AM** passed an open vote. A vote also passed that beginning in **May weekday morning rides will begin at 900 AM and will continue with a 9:00 AM start time through September.**

NFBC Club Trip 2019 – Ashtabula, Ohio, July 26-30



There is something about **covered bridges** that suggests photography. When you come across one in your travels, it seems to just need to have its picture taken. You are compelled to get out your camera phone, or, for the picture snobs, your Canon, Nikon or whatever and capture the image. You also **MUST** walk, drive, or ride your bike through it. It can't be helped.

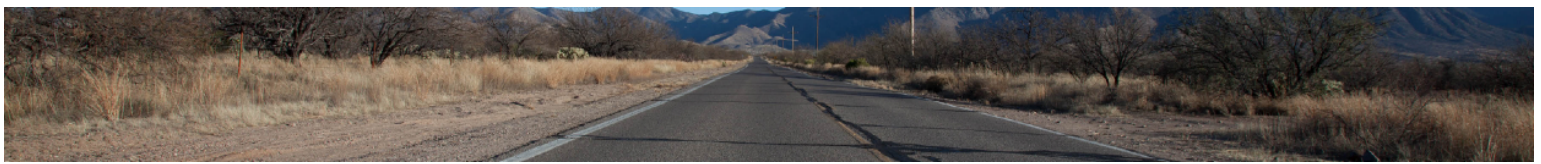
A type of folk art that can delight the eyes (and camera lens) is **quilt barns**. Quilt barns are painted artwork of mostly geometric shapes. They are typically hung on barns and emulate what might be stitched on a quilt blanket. The artwork may tell you something about the family that owns the barn, or it might simply be a decoration. Quilt barn paintings don't just adorn barns. You may find them on garages, offices, houses, any exterior spot with some space for it. If there isn't space on a building, you might see it freestanding next to a building. They are small and large. All are unique.



Ashtabula County in northeast Ohio has a clustered abundance of these two eye appealing attractions. It also has a lot of nice, quiet roads for cycling.

Join fellow NFBC members for the NFBC Club trip touring Ashtabula County, Ohio on July 26-30, 2019. Only about 2.5 hours away from Buffalo, we'll have five days of routes that will explore the above scenery as well as whatever else Ashtabula County and surroundings have to offer. A nice hotel from which we'll be able to launch rides is being researched. Look for further information regarding hotel and room rates in future Newsletters, YahooGroups announcement and NFBC's Facebook page. Please email Dennis Powell at powell.dennis.j@gmail.com if you plan on attending. Let me know who is coming and what dates you expect to be on the trip. Also let me know if you will be using alternate lodging from the hotel chosen for the trip (a campsite, for instance). I can answer any questions you may have. I am also looking for help with organizing social activities (a group dinner, for instance). Let me know if you can help out.

Routes will be made available on cue sheets similar to what we use on local rides and in GPS files for Garmins and similar GPS routing devices.



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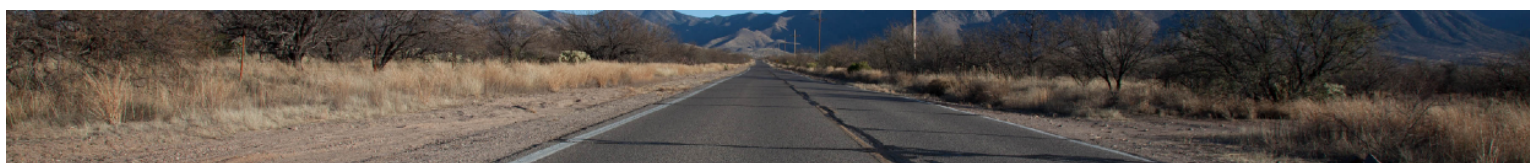
We Ride Every Day

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April

WEEKEND RIDE SCHEDULE

#	NAME	DATE	TIME	LOCATION	MILES	ELEVATION	DIFFICULTY	LEADER
393	Riding Baer	Sat, Apr 6	10:00 AM	North Amherst Fire Co., Amherst	29 / 20	321 / 218	EZ	Nancy Krzyzanowski (716 7169128671)
290	Eden-Evans Circuit	Sat, Apr 6	10:00 AM	Parking Lot behind fire hall, Hamburg	32	1340	MOD	Bill Harrington (716 -949-5510)
709	Toy Town Tour	Sun, Apr 7	10:00 AM	Hamlin Park (south parking lot), East Aurora	35 / 28	1500 / 700	MOD	Joan Charleson (716 -352-5090)
446	Three Tims	Sun, Apr 7	10:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	~17-27	391 / 211	EZ	NEEDS LEADER. VOLUNTEER HERE.
397	Wine Xpress	Sat, Apr 13	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	31 / 18	600 / 200	EZ	NEEDS LEADER. VOLUNTEER HERE.
338	Hunter's Creek	Sat, Apr 13	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	31 / 23	2000 / 1200	DIFF / MOD	Dan Schwenk ((585) 762-6072)
430	Loop-D-Loop	Sun, Apr 14	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	30 / 20		DIFF / MOD	Pat Danaher (310-8 136)
382	New Ride from Westwood	Sun, Apr 14	10:00 AM	Westwood Park, Lancaster	34 / 24	1083 / 758	EZ	NEEDS LEADER. VOLUNTEER HERE.
903	Elma Day Ride (Dinner, Special Event)	Fri, Apr 19	2:00 PM	Elma Meadows Park (Girdle & Rice Rds), Elma	~23-28		DIFF / MOD	Pat Danaher (310-8 136)
273	Trash & Treasure Ride	Sat, Apr 20	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	31 / 21	1300 / 900	MD / EZ	John Herman (716 988222)



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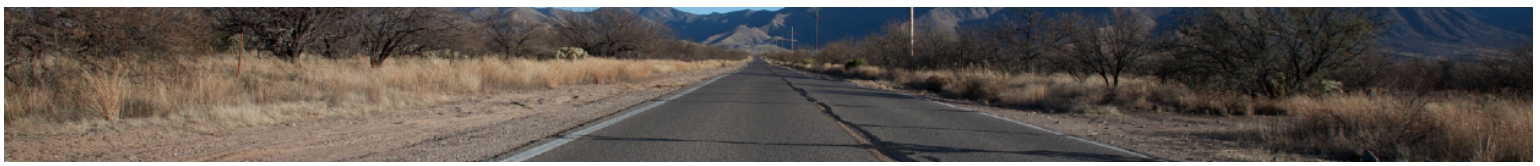
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April - continued

#	NAME	DATE	TIME	LOCATION	MILES	ELEVATION	DIFFICULTY	LEADER
406	Como Park Rides	Sun, Apr 21	10:00 AM	Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster	48 / 35 / 22 / 17	1100 / 700 / 410 / 300	MOD / EZ	David Dunkle (7163590690)
411	Houses of the Holy	Sat, Apr 27	10:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	41 / 26	2800 / 1600	XD / DIFF	Charles Grammer (716-713-1469)
703	Lockport-Middleport	Sat, Apr 27	10:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	31 / 21	657 / 531	EZ	Tim Cleary (807-7174)
383	The Nth Degree	Sun, Apr 28	10:00 AM	Hamlin Park (south parking lot), East Aurora	31 / 22	2000 / 1200	XD / MD	NEEDS LEADER. VOLUNTEER HERE.
400	East of Akron	Sun, Apr 28	10:00 AM	Russel Town Park (Clinton & Main St.), Akron	33 / 22	882 / 615	MOD / EZ	Bradshaw Hovey (716-857-0906)





Weekday Ride Schedule

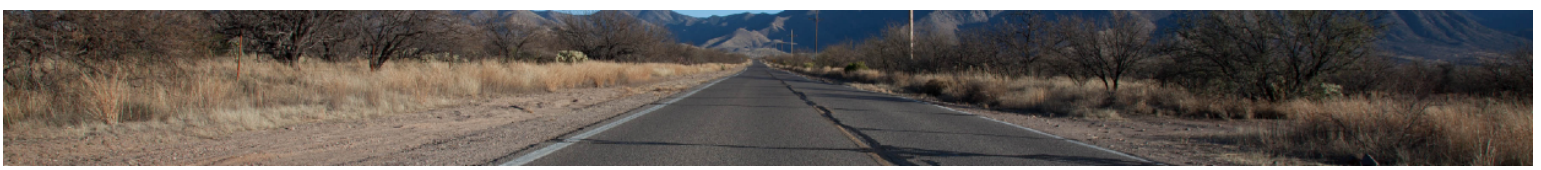
2019 season	NORTH		SOUTH				START	
	AM	PM	AM	PM				
Monday	x				<i>Cammarano</i>	<i>Kathy</i>	Wendleville Fire Hall	kathy.cammarano@gmail.com
Monday		x			Ribis	Rebecca	Thompson Rd Clarence	rebeccachristene@hotmail.com
Monday				x	Sawyer	Jim	Hamlin Pk, East Aurora	sawijt@gmail.com
Tuesday	x				<i>King Spohn</i>	<i>John Ron</i>	Ellicott Isl Ck Pk - moving to West Canal Pendleton	JEKing169a@aol.com rspoh@rocketmail.com
Tuesday		x			Karnath	Jim	West Canal Pendleton	jimkarnath@yahoo.com
Tuesday				x	Luly	Matt	Hamburg, lot off Long Ave	mlpublic42@gmail.com
Wednesday			x		Marcheson	Fred	Orchard Park behind police station	baguba3@gmail.com
Wednesday		x			Walker	Peg	St Mary's Swormville	pegwlkr@verizon.net
Wednesday				x	Soltiz	Frank	Chestnut Ridge Pk	fsoltiz@aol.com
Thursday	x				<i>Rossi</i>	<i>Paul</i>	Como Park Lancaster	prossi7763@aol.com
Thursday		x			<i>Alongi Deckert</i>	<i>Karen Jason</i>	Buffalo Niagara Heritage Museum	kalongi1@verizon.net jdeckert@gmail.com
Thursday				x	Adolf	Jennifer	St John's Lancaster	jadolof223@gmail.com
Friday	x				Rimlinger	Jack	Thompson Rd church Clarence	jackrim49er@gmail.com
Friday				x	Danaher	Pat & Loren	Elma Meadows Pk	ldanaher@verizon.net
Saturday	x				Chase	Brad	Richmond Lot UB	btchase@buffalo.edu
Sunday	x				Currie	Ian	Hatch Buffalo Waterfront	ian63@roadrunner.com
Shaded cells show shared ride leader responsibility								
Italicized names are NEW this season								

Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April & Oct.; 9:00 AM in **May, June, July, August, September**

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.



How do ALL these rides happen?

Ever wonder how the ride schedule is created? And who **IS** this ride committee? Let me fill you in.



Ron

The ride committee is traditionally led by the Club vice president, currently Liz Skelton. The vice president usually assembles a team to develop the ride schedule and to distribute ride maps and cue sheets. As you can imagine, this used to be a very time-consuming project before personal computers and software. Even in the recent past, setting up a season's rides took at least two long meetings, and much work outside the meetings. This year, the season was set up with only ONE long meeting! And, yeah, all that outside work.



Pat

The schedule, ~~as you know~~, runs from St. Patrick's Day through Halloween. First, the committee looks at a calendar and plugs in all the party rides. Wait, even before that, one person on the committee contacts everyone who has hosted a party ride in the past year and asks them if they want to host again. Likely, hosting a party ride in the summer is far from a bike rider's mind in January, and often the host needs some time to locate a calendar, ponder their plans, and then decide whether to host again!



Liz

Then the committee adds the Club Picnic and other fixed events, and usually a century ride each month. With this basic framework established, the committee reviews last year's ride schedule and discusses the rides: Any problems with the routes? Known construction?

Has a road become too busy to be safe? Were there complaints from neighbors? Is there still adequate parking that is not private or commercial? The rides are then assigned to dates by the committee. The rides are not always scheduled on the same weekend each year. Liz estimated that approximately half of the 2019 rides are on the same weekend as they were in 2018.



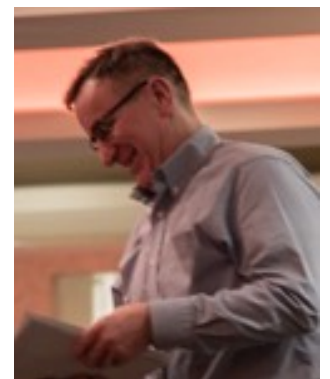
Brenda

Finally, the ride schedule, designated dates and the ride number are provided to the webmaster, Ron Penton. And magic happens: the ride schedule, cue sheets, maps, Garmin interface and some ride details are available to NFBC members to plan and schedule their own rides for the season, upload to their devices, download and print, volunteer to lead, or just to peruse. The ride schedule is also published in the monthly newsletter, although the newsletter schedule is just a snapshot of the schedule, while the website can reflect changes.



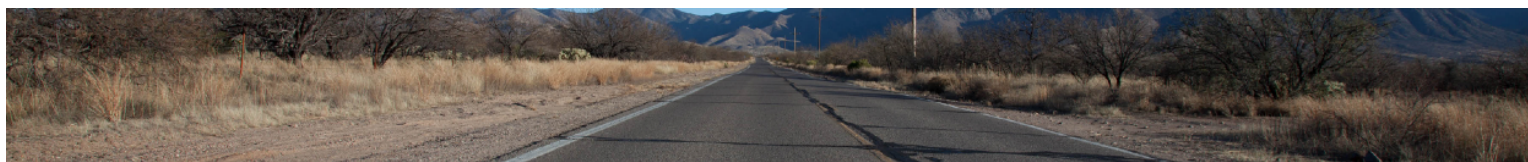
Dennis

All the rides are saved in the NFBC ride "bible". The bible is a series of 3-ring binders where we try to retain hard copies of every route and cue sheet in the Club's long history of creating routes. There are hundreds of rides, some dating back to the 60's! Routes created/used since we moved to the new website about five years ago are also stored on the NFBC website, accessible by permission.



Jim

(Cont'd on following page)



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{Ride Committee Cont'd}

The ride committee is crucial to the Club. This is the team that changes routes by revising the cue sheets and updating maps. The committee also reviews requests for new rides. There are standards and best practices used when developing a new ride. Additionally, the ride committee is responsible for delivering ride packets (cue sheets, the sign-in sheet, the return envelope) to the ride leader for each ride. If you volunteer to lead a ride during the Spring kick-off meeting, you can take the packet home that night. Otherwise, the committee will get the packet to you by US Mail, or by arranging to hand it to you at another ride.



Rebecca



Dave

So, who is on the 2019 ride committee? Dedicated volunteers, of course! Many with years of riding experience, but also some riders fairly new to the Club, who want to listen and learn. Current members include: Pat Danaher, Ron Penton, Liz Skelton, Brenda Fischer, Dave Dunkle, Dennis Powell, Jim Karnath, Paul Rossi, Charles Grammer and Rebecca Ribis. When you see one of them, say "Thanks!".



Charles



Paul

by: Joan Charleson

Non-NFBC Cycling Events

Tour of Germany

NFBC members Arlyne & Richard Lepie are hosting a bike tour of Germany from September 7th to the 18th, 2019. The Tour starts in Munich and visits the lakes and countryside on a circle trip. It is nine days and eight nights with two extra nights in Munich to explore the city.

The all inclusive price is \$2995 per person, double.

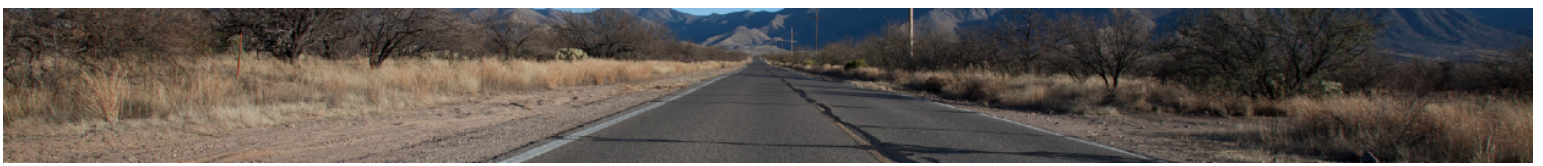
For details and further information, contact Arlyne or Richard at 716-830-5490 or leplegal@hotmail.com

NFBC Southern Tier members plan trip!

And you are invited!

Woodstock, Ontario is the destination, from Wednesday, June 12 through Sunday, June 16. Woodstock is only a little over 100 miles from Buffalo, and the group has ride maps printed and reservations made. You are invited to join them for this adventure, whether it be for a couple of days, or for the whole trip. You will need to make your own reservations.

If you are interested, please check out www.rideoxford.ca, and contact NFBC member: Bob Ehrheart, 716-410-2556, kbheart@roadrunner.com.



2019 Spotlight Rides

Good News - last season's Spotlight rides were well received, and will therefore appear on the 2019 riding schedule. Recall that many of them are rides that the late Alex Setlick created and which started in remote locations, feature lots of rest stops, re-groups, points of interest and lunch suggestions. These rides are meant to be leisurely and group-focused.

This Season's Spotlight Rides will be:

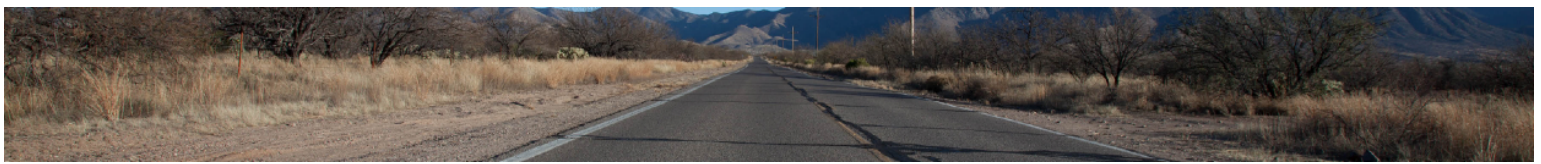
- scheduled once per month starting in May, on a Wednesday morning at 10 AM, and will be offered in addition to the usual Wednesday morning ride.
- rides which may start in a remote location (example: Leroy, NY, Niagara Falls, ONT, Medina NY, Rochester, NY).
- rides which highlight the beauty and history of Western New York and southern Ontario.
- rides which may include stops at points of interest.
- between 30 and 40 miles, and elevation no more than 1000 ft, usually much less.
- designed to be touring rides, that is, at a casual pace of 12-15 mph.
- include an opportunity for the participants to lunch together as a group.
- led by either Liz Skelton or Rebecca Ribis until and if other members express an interest in leading a Spotlight ride.

As happened last season, this year's Spotlight Rides will be identified on the NFBC website schedule as Spotlight or Special Event. Look for them and come join us!

Liz Skelton

Rebecca Ribis

NFBC Ride Committee



NFBC Officers

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Bicycling Advocate

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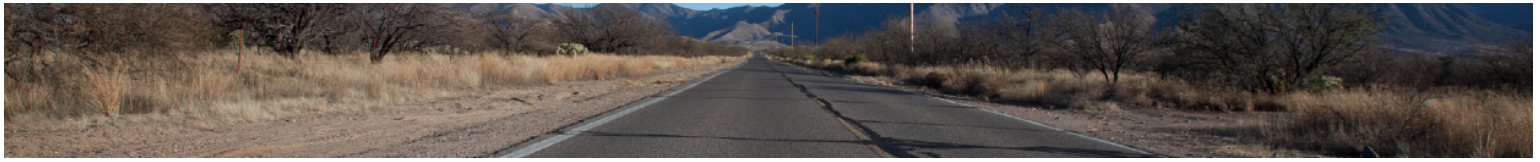
Newsletter Editors

Joan Charleson

jtchipin@yahoo.com

Mike Maher

mikmar110@gmail.com



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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

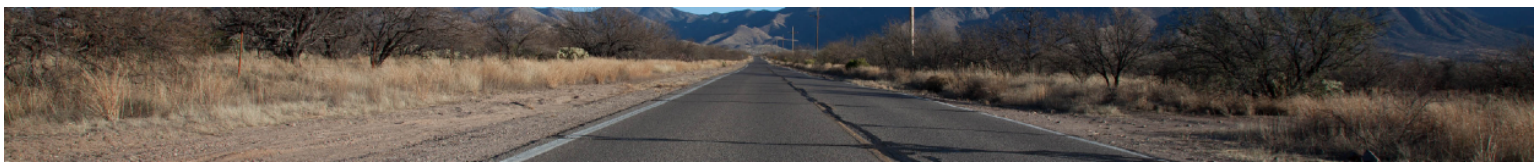
Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com. 688-8904) or Brenda Fischer. Club 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 conditions 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 may occur 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 NFBC website).

NAME _____

STREET _____

CITY _____ Address Change? Y N

STATE _____ ZIP _____ PHONE _____

PRIMARY EMAIL _____ Email Change ? Y N

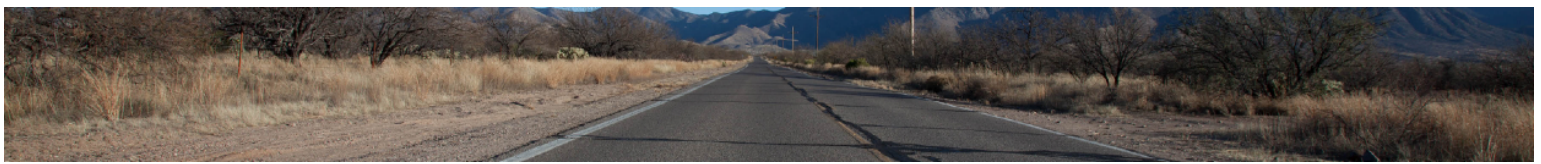
SECONDARY EMAIL _____ Email Change ? Y N

PRIMARY MEMBER/GUARDIAN SIGNATURE DATE BIRTHDATE if under 18 MEMBER # _____

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

MEMBERSHIP FEE: Individual - \$20 _____ Renewing _____ OR New _____

Family - \$30 _____



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



Tom Lonzi
Owner
3687 Walden Avenue
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tlonzi@tomsprobike.com
9430 Transit Road
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Fax: 718-637-1307

Williamsville: 7510 Transit Rd.
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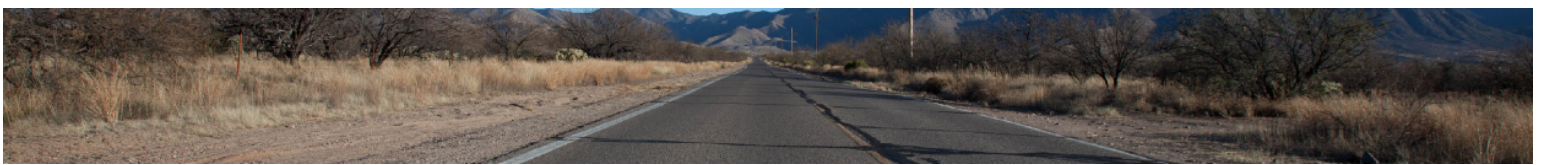


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Niagara Frontier Bicycle Club



NFBC West Party in Green Valley Arizona, March 6th 2019

