



April 2020

We Ride Every Day

Volume 51 Issue 3

NFBC Newsletter

Dates to Remember

Tour de Cure
Saturday June 6

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Twenty chilly riders braved the March 15th cold to get the first ride of the season in. Temperatures of 35 degrees at ride start made it a bit uncomfortable. Hopefully we will all be riding again soon.

NFBC Club Rides have been cancelled for April. Please see Brenda's message on page 2. Hopefully we will soon be able to ride together as a club.

Stay well everyone!



President's Message

Well, what a ride season we have so far! Of course, with the COVID-19 situation our country is facing, we feel that we must postpone all of our Club's ride schedule again, through April. We will look at the situation again and reevaluate our decision for May around April 24. I am sure that most of you will agree that it is more important to keep everyone safe and healthy. Potential contact on Club rides would put us all at risk. We need to avoid mingling outside of our immediate family to avoid the possibility of spreading the virus.

I would like to share a link to the League of American Bicyclists' website, with additional links related to riding safely with Coronavirus concerns:

<https://bikeleague.org/content/riding-together>

As the weather improves, I encourage you to go out alone and ride around your neighborhood or go do one of our Club rides by yourself or with a family member. Just be extra careful, since motorists are less likely to see a single cyclist than they are to see a bigger group.

Keep in touch with friends and family. Let's hope that we will have a safe environment so we can get out riding again before too much longer.

Brenda Fischer

2020 Charity Rides Eligible for Club Miles

- Approved rides for 2020:
- a. Ride for Roswell
 - b. Tour de Cure
 - c. Gran Fondo, Niagara Hospice
 - d. Empire State Ride (final day only)
 - e. Bike MS
 - f. Ride For Missing Children

The intent of counting miles for charity rides is to encourage participation in these rides, and to show a presence from the Club.

In keeping with this intent, a few points:

- Wearing an NFBC jersey is encouraged;
- The charity ride should occur within the footprint of our rides, i.e. within the map area of the usual NFBC rides;
- There must be a registered NFBC team with a captain. The team captain will keep track of riders and miles. Riders will be recorded on standard NFBC ride sign-in sheets. Riders may ride different length rides during one charity ride, e.g. Ride For Roswell has many ride distance options.

If you have any questions or suggestions, please speak with a Board member!

Charles Grammer



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Welcome New Members

Darren Bell, Barbara Dorogi, Bob Noonan, Jeffrey Sipos, Kelly Andolino-Perry, Jay Fairbrother, Nancy Hampson, Gary Hampson, Paul Kochmanski, Grzegorz Pilip, Susan Piosenka, Corey Schaffer, Andrew Thomas, Ashtonn Tucker, Alyssa Tucker, Amy Bryan, Paul Kozlowski, Holly Olmstead, Nita Parsons, Stan Pryll, Jennifer Pryll, Bryan Sidorowicz, Richard Toupin, Bert Dohn, Camille Eichhorn, John Madsen, Kathy Rabold, Julia Vona.

FOR SALE!

\$2 EACH—magnets,
6" x 4"

See Jen Adolf

Jadolf223@Gmail.com

716-479-2578



HELP WANTED!

2020 BANQUET

Planning already? You bet! And we need volunteers for the 2020 NFBC Banquet Committee – help is needed for the registration table, setting up the venue, obtaining door prizes, desserts and any other items that may come up.

If you are interested, please contact Jen Adolf: jadolf223@gmail.com or (716) 479-2578.

www.nfbc.com



JOIN THE MOVEMENT TO IMPROVE THE LIVES OF
ALL PEOPLE AFFECTED BY DIABETES AT TOUR DE CURE®!

SATURDAY JUNE 6, 2020 AT NIAGARA UNIVERSITY

Tour de Cure is the **premiere fundraising event** for the American Diabetes Association®. At Tour de Cure you, your friends, co-workers, and family can **ride one of four routes, or join the 5K fun run or walk**. Participants are treated to lunch and a **fun finish line party** geared towards showing support for our **Living Red** participants who are living with diabetes, celebrating Champion fundraisers (\$1,000+ participants) and gathering as a diabetes community to **work together towards a day when we are all free from the burdens of diabetes**.

To sign up, donate or volunteer – please visit: www.diabetes.org/buffalotour or contact Karlie Muscarella at 716-835-0274 x3701





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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 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!





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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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT SECOND MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT THIRD MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT FOURTH MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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 MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____
 Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057



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Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453



*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training

jjansen@bertsbikes.com

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Phone: 716-837-4862
Fax: 716-837-1307

Williamsville:
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Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1139

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100 Jay Scutti Blvd.
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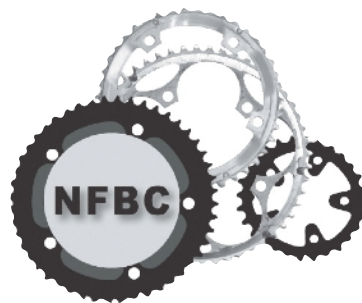


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Niagara Frontier Bicycle Club



Pictures by Joan Charleson and
Brenda Fischer

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