

# Niagara Frontier Bicycle Club, Inc.

# NFBC NEWSLETTER

August, 2010

*Celebrating 40 years of club riding*

Volume 41, Issue 6

## Dates to Remember

- Aug. 7, Pat & Loren's Beach Party Ride
- Aug. 14, Swank's Eden Party Ride
- Aug. 15, Chautauqua Day Ride
- Aug. 22, CAN AM
- Aug. 27-29, 40th Anni-v. Weekend
- August 28, Club Picnic

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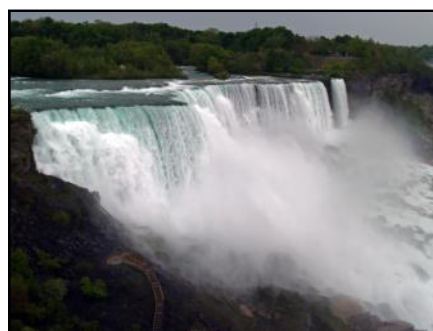
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## Register now for the CAN AM Century/Metric

By Linc Blaisdell

Ever since Mary Alice Tocke helped the NFBC to establish its first Can Am Century Ride five years ago, the number of riders participating has grown. Under the leadership of Mike and Brenda Fischer, we attracted over 250 riders last year. The Can Am has become a major annual NFBC event like the club picnic and the club banquet. While many club volunteers have been working hard to make the fifth Can Am ride a success, we need more club members to give their support by registering to ride.



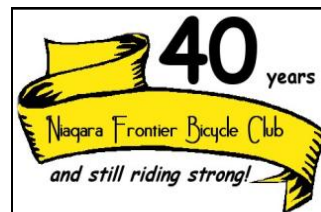
As of this writing, 75 riders have registered for this year's Can Am ride to be held on **Sunday, August 22nd**. We have riders coming from Arizona, Missouri, North Carolina, Ohio, Pennsylvania, and Ontario as well as many riders from New York and Rochester.

There are substantial expenses in putting on this well-supported distance event, and so it is necessary to charge everyone who rides, including club members and the volunteers who have organized the event (even the prez!) Those who have ridden in the past know it is well worth the price!

Go to [www.nfbc.com](http://www.nfbc.com) to register online, or use the mail-in form on page 10 of this Newsletter. A successful Can Am adds luster to our club. We become a force in promoting bicycling as an activity, and we make personal connections with cyclists from other areas. It is a great way to give back something to our sport and our region.

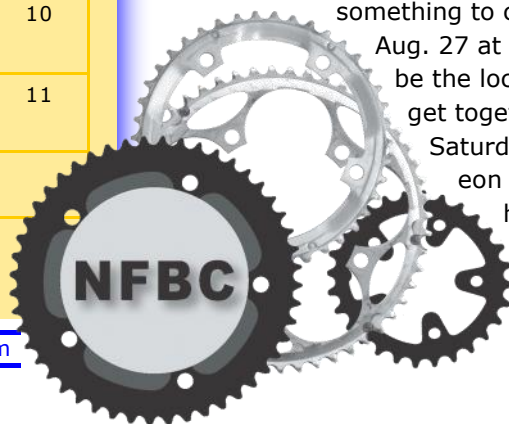
## 40<sup>th</sup> Anniversary Celebration: Aug. 27-29

On August 27-29, NFBC will host several events to celebrate NFBC's 40<sup>th</sup> Anniversary. Any club that not only lasts, but thrives for 40 years is something to celebrate! On Friday, Aug. 27 at 7PM, Eddie Ryan's will be the location for an informal get together. The Club picnic on



Saturday, Aug. 28 (see page 7 for details), and a luncheon and tour of the Frank Lloyd Wright Darwin Martin house on Sunday, August 29 will round out the weekend. All club members, past and present, are invited to participate in these great events; just complete the Reservation form on page 11 of this Newsletter, and join in the celebration!

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





**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.

*We Ride Every Day*

# AUGUST 2010 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diffi- culty	Elevation	Start Location	Ride Leader
Sun Aug 1	9:00 AM	707	Ransomville Ramble	41	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Sue Alessi 694-0853
Sun Aug 1	9:00 AM	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Tretyakov 667-7529
Sat Aug 7	<b>Pat &amp; Loren's Beach Party Rides:</b>							
	9:00	279	Buggy Buster	70 / 54	XXD/Diff	3000/1800	Pat's Place, 207 Eisenhower Ave., Angola, NY	Pat Danaher 310-8136
	11:00	280	Berry Picker II	31	Mod	900		
Sun Aug 8	9:00 AM	737	Wilson Harbor Breeze	35	Easy	450	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Cindy Adams 816-2902
Sun Aug 8	9:00 AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat Aug 14	<b>Dick &amp; Kathy Swanks Party Rides:</b>							
	10:00	359	Eden Lowlander	29 / 18	Easy	650/350	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A(Eden-Angola), L onto Eden-Evans Cntr., S on E. Church to #2947	Dick & Kathy Swank 992-2404
	10:00	360	Eden Highlander	38	XD	2500		
Sun Aug 15	<b>Chautauqua Party Rides:</b>							
	10:00	332	Escape from the Institute	38/31/24	Mod/ Easy	800	Chautauqua Inst. main gate on Rt 394, past Mayville. (13 miles after exit 60 from I190)	Sandy Nobel 634-4333
	8:30	388	Ripley's Believe it or Not	42	Diff	2350		
Sun Aug 15	9:00 AM	733	Royalton Center	39	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Lin Michalczak 674-3202
Sun Aug 15	10:00 AM	256	Silver Springs Switchback	68 / 31	XXX/MD	4900 / 2000	School parking lot, Woodchuck Rd, off Rt 20A, Wales	Tim Cleary 807-7174
Sat Aug 21	9:00 AM	380	Pat's Greycliff Ride	TBD		0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sun Aug 22	<b>CAN-AM INVITATIONAL.</b> See article on page 1 and registration form on page 10 for details. Please note, including a fee, is required for this special NFBC event.							
Sat Aug 28	<b>NFBC PICNIC!</b>							
	9:00	909	Elma Meadows Picnic Ride & 40th Anniv. Celebration	35/45 12/25	Diff/XD EZ/Mod		Elma Meadows Park, Shelter #1, on Rice Road at Girdle, Elma	Karen & Gary Ostrum 741-2171
Sun Aug 29	9:00 AM	318	East Amherst - Akron Falls	40	Easy	0	Williamsville East H.S. on Klein Rd, East Amherst	Brenda Fischer 683-3961
Sun Aug 29	9:00 AM	152	A-A Protest Ride	72 / 52	XXX-XD	5300	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 877-2140

Sat Sep 4	10:00 AM	302	New Saturday Sundae	41 / 37	Diff/Mod	1500/985	Hamlin Park (south parking lot), S Grove St, East Aurora	Ed Hutton 725-4758
Sat Sep 4	9:00 AM	762	Wheatfield Niagara Metric Century	62/46/37	Mod/ Easy	0	Errick Road School, Errick Road near Stieg Road, off Niagara Falls Blvd., Wheatfield	Alex Setlik 692-7045
Sun Sep 5	8:00 AM	289	Burnt Church Century	104	XXX	6300	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Ron Wakefield 877-2140
Sun Sep 5	10:00 AM	98	Lockport Marina Ride	31	Easy	NA	Williamsville N. H.S. (Hopkins & Dodge)	Bruce Jansen 677-4725
Mon Sep 6	10:00 AM		<b>Labor Day Party</b> North towns Tour	35/29	Easy		Ellicott Creek Island Park, Creekside and Niagara Falls Blvd. Amherst	Margaret Rockwood 361-0416
Mon Sep 6	10:00 AM	290	Eden-Evans Circuit	32	Mod	1340	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998

**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
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	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
<b>Tuesday</b>	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	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 & Stanley Rd., Swormsville (Clarence)	Dennis Powell, 691-6233
	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	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
<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

*Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.*

## 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.

# AUGUST 2010

Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in *italics*.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Buffalo 9AM Ransomville Ramble Country Fair	<b>2</b> N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM	<b>3</b> Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	<b>4</b> Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM	<b>5</b> Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	<b>6</b> Clarence 9AM Amherst 6:30PM Elma 6:30PM	<b>7</b> Amherst 9AM Pat & Loren's Beach Party Rides
<b>8</b> Buffalo 9AM Wilson Harbor Brz Hamburg to Collins	<b>9</b> N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM	<b>10</b> Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	<b>11</b> Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM	<b>12</b> Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	<b>13</b> Clarence 9AM Amherst 6:30PM Elma 6:30PM	<b>14</b> Amherst 9AM Dick & Kathy Swank's Party Rides
<b>15</b> Buffalo 9AM Chaut. Party Rides Royalton Center Silver Springs	<b>16</b> N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM	<b>17</b> Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	<b>18</b> Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM	<b>19</b> Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	<b>20</b> Clarence 9AM Amherst 6:30PM Elma 6:30PM	<b>21</b> Amherst 9AM War of 1812 Pat's Greycliff Ride
<b>22</b> CAN-AM Invitational	<b>23</b> N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM	<b>24</b> Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	<b>25</b> Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM	<b>26</b> Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	<b>27</b> Clarence 9AM Amherst 6:30PM Elma 6:30PM	<b>28</b> Amherst 9AM NFBC Picnic Rides
<b>29</b> Buffalo 9AM E.Amherst to Akron A-A Protest Ride	<b>30</b> N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM	<b>31</b> Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM	Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM	Clarence 10AM Amherst 6:00PM Elma 6:00PM	Amherst 9AM New Sat. Sundae Wheatfld/Niagara Century etc.

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## NFBC Member Profiles: Barb and Larry Reade

If you're new to the NFBC, or new to cycling in Western New York, you might not know that the friendly folks you're chatting with on a club ride, Barb and Larry Reade, are legendary cyclists and leaders in the Buffalo cycling community. They have been highly successful racing competitors, but also extremely generous in contributing their time to our club and other cycling organizations, promoting our sport.

While both Barb and Larry have spent a great deal of time focused on cycling competition, their love of cycling, and the social aspects of NFBC's touring style of club riding have made them long-time members of the NFBC. For Larry, "I enjoy riding, so why not be out there with you all? New places, new faces, that keeps it all enjoyable". NFBC rides might not have contributed to their racing acumen, but racing certainly made them great NFBC riders. Barb said "racing helped immensely when I started club rides. Racing involves much more than just going fast. Racers develop quick responses and the good riding habits that are essential for riding in groups."

Barb and Larry both have very long and accomplished racing careers, and while Barb has retired from that aspect of cycling, Larry continues to compete. Larry won the first USCF 25-mile time trial for masters in 1975, and he managed to repeat that every other year until 1984! Barb mentions that "Larry has a total of 13 National Championship jerseys and several from the World Masters Games in Portland, OR in 1998. He also held several national time trial records, but a distance change (from 25 mi. to 40 km.) and technological advances have changed all that." For Larry, the most memorable wins were America's Cup races in 1980 and 1981 where he "managed to break away and solo to the finish" in Sutton, Quebec. Then there is the gold at track nationals in 1990, the perimeter record for Cayuga Lake, the gold at the 2003 cycling masters' national championships... The list really *does* go on and on, and it keeps getting longer! Barb has never been fond of the training aspect of racing, but the competitive edge takes over during the race. She too has a long list of racing accomplishments, the most recent being a 3<sup>rd</sup> place in the 2007 Florida Senior Games State Championships.



Larry started keeping a log of his mileage in August of 1960, when he bought a track bike from the Heil Brothers shop on Broadway. It was so much lighter than his 1950 J.C.Higgins that he was inspired to ride more. Bicycling to work at the Ford Plant, a practice he continued for 30 years, launched him toward his current total of 360,000 miles. Barb got her first bicycle as a gift from Larry, who threatened to ride it himself if she didn't get some good use from it!

They were both interested in racing, but "not much was happening around here in the '60s, so we started going to races in Canada and Great Eastern Rallies (annual League of American Wheelmen events)" said Larry. That wasn't enough, so, working together, they began organizing and promoting races here at home. When the Eastern Hills Mall was being built, they recognized that the perimeter road would be perfect for criteriums. Larry said, "in 1972 I rounded up some officials and started the annual Eastern Hills Mall Championship." They learned how to promote a race by doing it, fielding phone calls, begging prizes from local merchants, and mailing out hundreds of flyers.

That race was a huge success, and launched them on a path that continues to this day. "When stores at the mall started opening on Sundays, we moved to Putnam Way at SUNY Buffalo with the first Earth Day Criterium in 1980, which became the UB Classic until 1992" said Larry. According to Barb "we spent 25 years promoting USCF races (at least 2 a year and sometimes more!) while holding down jobs and raising four kids! Until recently, we were still active with the BBC, and of course Larry has a soft spot for the Empire State Games. Most racers have no idea how much work is involved." Most recently, Larry served as Venue Coordinator for the cycling events in the Empire State Summer Games in Buffalo (July 22-25). And, as always, Larry says "Barbara has always done all the backup work for this, and I'm glad she's still putting up with me!"

Larry and Barb's 4 children share the family racing spirit as adults. If all the cycling activity weren't enough, they also have non-cycling interests/hobbies, and at 77 (Larry) and 73 (Barb), continue to enjoy riding, organizing, and competing!

**Saturday  
August 7**

## Pat & Loren's Beach Party Rides

**The Rides:** The 70 and 53 mi start at 9AM; both are hilly. The 70mi is rated XD; the 53mi is rated Diff, and none of the climbs are steep. The 30mi, starting at 11AM, has only one easy climb and is rated Mod.

One special feature is it travels on the haunted Holland Rd. (aka Pigman Rd—Google it!)

**The Party:** NFBC party rules apply: bring your suit, a chair and a dish to pass; the hosts supply the main course. Non-riders are welcome, too; cooking begins at 1PM. **RAIN OR SHINE!**

### Directions to Pat's Place (Ride start & Party)

I-90 to exit 57A (Eden-Angola)

R onto Eden-Evans Cntr. Rd. At 3rd. light

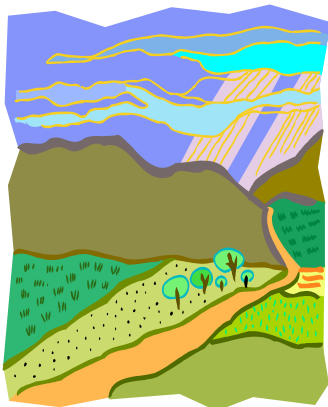
L onto Rt. 5. Go 2mi. and turn

Pat's #: 310-8136

**Come on out!**



## Dick & Kathy Swank's Party Rides

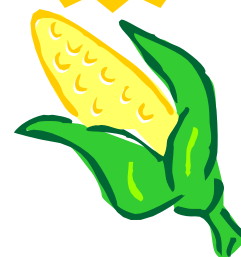


**The Rides:** The Lowlander (29 or 18 mi) is flat and easy. The Highlander (38 mi) is hilly and XD. Both go through the beautiful farm country surrounding Eden, starting at 10AM.

**The Party:** NFBC party rules apply: bring the usual (dish to pass or beverage and lawn chairs). The Swanks will supply yummy Eden sweet corn and home grown blueberries. Non-riders are welcome at the party too. The party should start at noon.

**DIRECTIONS to the Swanks' (2947 E Church St. Eden, Ride start & Party)** Take the I-90 to exit 57A (Eden/Angola), L onto Eden-Evans Center, S on E. Church to #2947 (right turn up our lane (800 feet) to our house).

**Saturday  
August 14**



**Sunday  
August 15**

## The Nobel's Chautauqua Party Rides

**The Rides:** Starting from the beautiful, historic Chautauqua Institution, we'll explore the hills of Chautauqua County and nearby Pennsylvania. This year we'll repeat the favorite ride to Lu-ensman Overview Park with several optional routes of varied distance and challenge, leaving at 10 AM from the Chautauqua Institution Main Gate. Our "distance" ride (47 miles) will leave from the Main Gate at 8:30 AM and will introduce a new version of an old favorite to Sugar Grove, PA. (This is for you Bruce and Alex.) We'll have an optional refueling stop for pancakes (etc.) at the Sugar Shack before finishing our tour of the "Southern Hills". Total elevation for this ride is 2400 feet.

In addition to (or instead of) our rides, you can enjoy the Craft Fair, the 2:30 Dance Program in the Amphitheater, sign up for a tour of the grounds, visit the new Arts Center, swim, or just wander among the historic houses. (Feel free to use the Nobel's condo, at the "Ithaca" (19 Waugh at the corner of Pratt) as your "base" or locker. There are bike racks available here if you want to ride in. **The Party:**

Nobel's will host a lunch providing the "main course" and assorted beverages. NFBC Party Rules apply (bring a dish to pass, etc.) **Directions:** The fast option is to take the Thruway to Westfield Exit 60. Turn left on Rt 394 and follow it thru Westfield and Mayville to Chautauqua Institution (about 3 mi beyond Chautauqua Marina which you'll see as you leave Mayville). Parking in the main lot at Chautauqua is free only 'till 1 PM. Last year some people continued about a mile past the Main Gate, down the hill, and found space at the Vacation Properties lot (on the left hand side of Rt 394). For information on ride day call 357.9015, the Nobel's Chautauqua number. For any pre-ride questions, try Chautauqua or leave a message at Sandy's work number, 839.3727. He'll get back to you if he's travelling.



# The NFBC Picnic

**Saturday, August 28 @ Elma Meadows**

(Elma Meadows is located at 1711 Girdle Rd, Elma, NY 14059)



**The rides** start from the main parking lot in front of the club house in Elma Meadows. (This is the same place where the Friday night south ride starts.) There are four different rides to choose from, with the 35/45 mile rides starting at 9AM and the 12/25 mile rides starting at 10AM.

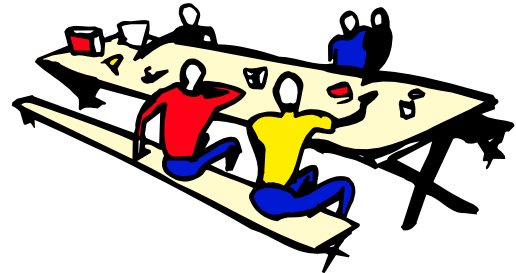
**The Picnic:** We'll provide the main entree, some sides, soda, beer and wine. If you can bring a dish, it will be appreciated! There will be seats at the picnic tables under the shelter; bring a lawn chair if you would like to sit outside. **RAIN OR SHINE!**

**Directions:** (after the ride, starting at about noon) The Picnic will be at shelter #1 in Elma Meadows. As you leave the main parking lot turn left on to the park road, follow this road to the left (the road is a circle with all the shelters on it). Our shelter will be the first shelter you come to on the right. (For more details go to the Erie County Parks website: [http://www.erie.gov/parks/elma\\_shelters.asp](http://www.erie.gov/parks/elma_shelters.asp))

**Special Events:** This year we will be having a homemade dessert contest as we did last year. The judges are in seclusion at Price-Waterhouse so no one will be tempted to bribe them. Since this club has so much talent, this year we will have fabulous prizes for 1st place and runner up. Make Betty Crocker proud!

We will have raffles again this year.

Get ready for a spirited game of volley ball.



**RSVP required!** Since this is our 40th anniversary weekend we aren't certain how many more people than usual will attend, so an RSVP is important to make sure we have enough food! RSVP to hosts Karen and Gary Ostrum 741-2171. Leave a message with your name, membership number, number of people who will be coming and if you are bringing a dish to pass or an entry for the dessert contest. The fee to attend is \$5 per person, payable at the picnic.

**The Annual Club Picnic this year is one of the 40th Anniversary Celebration Events.**

## 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.

## 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 [elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

## HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.



## Batavia-Mumford Trip: A Great Vacation in our own backyard



By Tom Barone

We assembled at Terry Turski's house early in the AM on June 27 for what was to become a wonderful adventure out to the Genesee Country Village and Museum in Mumford, New York. We first rode to Akron N.Y. and stopped in Akron for a tour of the Octagon House, an original, completely restored and furnished 8-sided building that was built around 1840. This restoration is a must-see for all Western New Yorkers.

There was a very light tail wind and everyone enjoyed the easy pace as we continued to the city of Batavia. Lots of POOL TIME at the hotel, and then on Sat. on to Mumford, N.Y. This was an absolutely great ride thru some quiet country roads, especially the route along the valley of the Oatka Creek. The view and sounds of the creek nearby were only outdone by the overhead tree canopy that provided a feeling of "riding thru a tunnel of trees". At the Genesee Museum there was a War of 1812 reenactment as well as the regular fascinating exhibits. We spent several hours at the museum grounds and then rode back to Batavia on some of the best quiet country roads I have ever ridden on. We had great meals in Batavia with lots of choices and live entertainment in Jackson Square.

On Sunday June 27 we were off for our ride back to Terry's house and the end of a great 3 day cycling tour. I knew this would be a fun and interesting local tour of our region. We were never very far away from home yet at times it felt like it could easily have been hundreds of miles away. The group of riders we had along on the adventure were just a joy to be with during the three days. I would like to thank each one of you for making my "local tour" so enjoyable, and especially Terry for organizing a great trip!



Photo credits counter-clockwise from top: Tom Barone (1 & 2), Brad Russell (3), Dennis Powell (4).



## Oberlin, Ohio: Silver Wheels Connection a Great Success

By Jean Frederick

Thirty club members attended the 4-day club trip in Oberlin Ohio. We stayed at the Oberlin Inn on the beautiful Oberlin College Campus. The inn was most accommodating even through a water problem and a fire alarm. The arrival day was a short ride and then off to the Matus Winery for a catered outdoor barbecue. After the great wine and food, we all enjoyed singing and dancing with a local two-man band. One of our members (not naming names - what happens in Ohio, stays in Ohio) was seen dancing on the table and up a trellis support!

Tom & Sue picked out great routes. Our rides took us through beautiful rolling countryside, a few amazing hills and some little towns. We were blessed with good weather, but most of the rides were very hot. Fortunately, we were not far from Lake Erie's free public beaches. At one time we had a dozen swimmers lowering our body core temperatures. It was quite a sight - tan lines and all!

Our last dinner together was out on the inn's back patio around the moss covered fountain. Chef Lepie ruled the foil barbecues, cooking steak and salmon. The sides were a fantastic green salad and Tater Tots! Of course choice wines were provided by our president and sommelier Linc Blaisdel.

One thing that made this trip so special was the great support from the Silver Wheels Bicycle Club. They helped in the planning, just as Sue and Tom had helped them earlier when they came to our area. The Silver Wheels members partied with us at the Winery, and a few were "guides" on each ride. Many Thanks to Tom & Sue and Richard & Arlyne for all their work in organizing a memorable club trip!



Photos by Lorraine Harf.

# Register now for the 2010 CAN-AM Century



## Count Me In!

Rider Registration Form (Please Print Clearly)

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Contact Phone \_\_\_\_\_

Your email address \_\_\_\_\_

Enclosed check for:

\$ \_\_\_\_\_

Payable to NFBC

### REGISTRATION COST

Register Before July 24	\$45
After July 24	\$55
After August 14	\$70

Event is limited to 300 riders.

Send completed form with payment to:

Dennis Powell, 1031 Tonawanda Creek Rd., Amherst, NY, 14228

Upon receipt of this form and payment, a rider information packet will be sent to you.

### You must sign the waiver below:

In consideration of accepting this entry, I hereby, for myself, my heirs, and administrators, waive and release any and all of my right and claims for damages I might have against the organization holding this event, The Niagara Frontier Bicycle Club.

Signature (Required) \_\_\_\_\_

(if under 21, parent signature is required)

### Ride Options

#### I would like to ride

- ☐ 35 miles - Bflo, NY, USA
- ☐ 62 miles - Bflo, Niagara Falls, USA & Canada
- ☐ 100 miles - Buffalo, Niagara Falls, Fort Niagara, USA & Canada

### Free Commemorative T-Shirt

- ☐ Small    ☐ Medium
- ☐ Large    ☐ X - Large

### Saturday Buffalo Tour Ride

There will be a guided tour bike ride on the Saturday before the main Can Am ride. It will be a relaxed tour of some of the architectural highlights of Buffalo. The ride is included with your registration. Details will come with your rider packet.

☐ I will likely attend the Saturday Tour ride

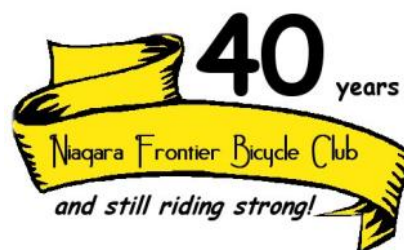
### Saturday Night Social and Ride Packet Pickup

The NFBC will be hosting a social Saturday night before the ride. Light food & drink will be provided. Details will be in your rider packet.

☐ I will likely attend the Saturday Night Social

## Reserve now for August 27-29!

The August 27-29 Weekend is the focus of our 40<sup>th</sup> Anniversary activities. The committee hopes that current members will be joined by club founders and other early members in celebrating the NFBC's 40 years of riding together. Registration for Sunday is limited to 60, so please act soon.



Please complete the Registration Form below by **August 14**. There are number limits on Sunday's Darwin Martin House Complex Tour and the Parkside Lodge Lunch, so get your form in early to assure your spot.

Dig out your notes, photos, T-Shirts, patches, (whatever!) from our NFBC events of the last 40 years. We are preparing billboard-type displays for the various 40th Anniversary events, and we hope to incorporate some into a keepsake anniversary brochure. Submit any materials for display or brochure now to Jean or Nancy, contact information below.

### 40<sup>th</sup> Anniversary Weekend – August 27-29, 2010

#### Niagara Frontier Bicycle Club: Reservation and Payment Form

Name(s): \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Current NFBC Member Number(s) \_\_\_\_\_

What year did you join the club? \_\_\_\_\_ (for your nametag!)

Date, Event, Location & Details	Cost per Person	Number Attending	Total Cost
<b>Friday, August 27</b> Social Get-together at Eddie Ryan's, Second Floor, 50 Central Avenue, Lancaster NY, 7:00 PM - ? Cash Bar, Snacks provided	\$5.00 in advance; \$10.00 at the door		
<b>Saturday, August 28</b> Club Picnic at Elma Meadows, Girdle Road, Elma NY, Shelter #1, 12:30 PM after 9 and 10 AM Rides, Catered Picnic	\$5.00 charge at the Park		
<b>Sunday, August 29</b> Sunday Lunch, Parkside Lounge, Parkside and Florence, Buffalo, 11:00 AM, Catered Lunch	\$12.00		
<b>Sunday, August 29</b> Frank Lloyd Wright Darwin D. Martin House Complex Tour, Jewett Avenue, Buffalo NY, 1-1/2 Hour Guided Tour, 1:30 PM to 3:00 PM	\$13.00		
Total			\$


Make checks payable to NFBC Inc. and mail along with this form to: NFBC, c/o Jean Frederick, 588 Sweeney Street, North Tonawanda NY 14120 . Contact Jean Flinder Frederick [716-692-3611 ([jeanbike1@msn.com](mailto:jeanbike1@msn.com))] or Nancy Paluch Haberly [716-649-5374 ([haberlyn827@juno.com](mailto:haberlyn827@juno.com))] with questions.

August, 2010

**NFBC—Celebrating 40 years of club riding.**

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

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