

# NFBC NEWSLETTER

### Dates to Remember

- Aug. 6, Pat & Loren's Picnic
- Aug. 14, **CAN AM**
- Aug. 20, Dick & Kathy Swank's Party Ride
- Sept. 4, Club Picnic

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

## Register Now for the 2011 CanAm!

This year's CanAm, **Sunday August 14**, promises to be the best ever. Choose the 35, 62, or 100 mile route to highlight the weekend's activities.



The Can Am Committee, headed by co-chairs Linc Blaisdell and Rebecca Ribis, has been working to improve on what was already a great riding experience. Look for changes in some rest stop locations and the route for the century, but expect a continuation of the CanAm tradition of excellent support and sag, great refreshments, opportunities to socialize with riders from our area and far beyond, and of course the amazing views along the way!

For riders from outside of the Buffalo-Niagara region, the CanAm showcases our region and our club in a truly glowing way. But why ride if you're an NFBC member? Why ride if you've ridden before? Because it's a great riding experience, and an important way to support our club! You can choose a distance and speed that fits your comfort level, or challenge yourself, knowing you'll easily find well-stocked rest stops and support if you need it. Whatever distance you choose, there's a fun spirit in the air and a feeling of camaraderie.

Brenda Fischer and Dennis Powell were instrumental in re-working the century route; it now includes a brief loop through Niagara on the Lake and some Ontario country-side.

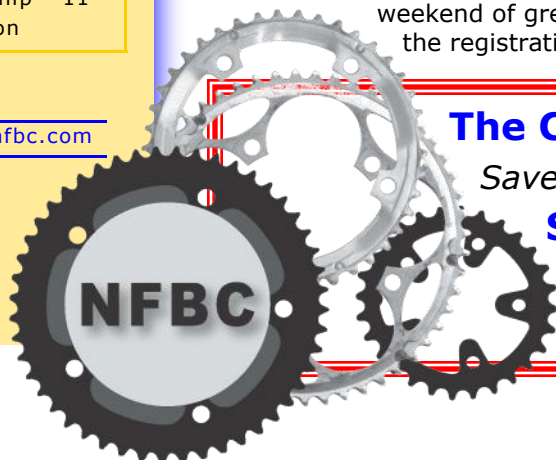
The CanAm is an expensive event for the club to offer, so it is the only NFBC ride for which members are asked to register and pay extra to ride. As those who have ridden it before know, it's well worth the price for a weekend of great activities. Register online now, or by mailing the registration form on page 10 of this *Newsletter*.

## The Club Picnic is Coming Soon!

Save the Date:

**Sunday, September 4.**

(Details in the September issue of the *NFBC Newsletter*.)





## August 2011 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff	Elevation	Start Location	Ride Leader
Sat Aug. 6	9:00 AM	761	<a href="#">East Amherst - Akron Falls</a>	40/30	Easy	0	<a href="#">Williamsville East H.S., Paradise, off of Klein, E. Amherst</a>	Karen Sprada 684-9039
Sat Aug. 6	9:00 AM	261	<a href="#">New New Oregon Road II</a>	58	XD	3000	<a href="#">Pat's Place, 207 Eisenhower Ave., Angola, NY</a>	Pat Danaher 310-8136
Sun Aug. 7	9:00 AM	706	<a href="#">East Wilson Express</a>	37/31	Easy	0	<a href="#">Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton</a>	Sue Alessi 694-0853
Sun, Aug. 7	9:00 AM	370	<a href="#">Pat's New Ride</a>	43/28	Dif/MD	1800/1200	<a href="#">Parking Lot behind fire hall across from 44 Long Ave, Hamburg</a>	Bob Puleo 649-3427
Sat Aug. 13	9:00 AM	380	<a href="#">Greycliff Ride</a>	52/43	Diff/Mod	2500/1000	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Pat Danaher 310-8136
Sat Aug. 13	11:00 AM		CanAm City ride	25	Easy			
Sun Aug. 14	7 AM		CanAm Century	100	Diff		<i>See article on page 1 and registration form on page 10 for details. Please note, registration, including a fee, is required for this special NFBC event. These rides begin from the Frank Lloyd Wright Fontana Boat House.</i>	
	8 AM		CanAm Metric Century	62	Mod			
	10 AM		CanAm Short	35	Easy			
Sat Aug. 20	10:00 AM	359	<a href="#">Eden Lowlander</a>	29/18	Easy	650/350	<a href="#">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</a>	Dick & Kathy Swank 992-2404
Sat Aug. 20	10:00 AM	360	<a href="#">Eden Highlander</a>	38	XD	2500	<a href="#">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</a>	Dick & Kathy Swank 992-2404
Sun Aug. 21	9:00 AM	712	<a href="#">Somerset Shoreline Cruise</a>	37	Easy	430	<a href="#">Nelson C Goehle Marina (Wide Waters) E Market St &amp; Coldspring Rd., Lockport</a>	Linc Blaisdell 479-9431
Sun Aug. 21	9:00 AM	86	Ski Country	44/33	XD	2800/2000	<a href="#">Sprague Brooke Park Parking Lot, Foote Rd. (L off Rt. 240, Glenwood, NY)</a>	Tim Cleary 807-7174
Sat Aug. 27	9:00 AM	389	<a href="#">Erie Canal Double Cross</a>	40	Mod	0	<a href="#">West Canal Park, Tonawanda Creek N @ Town Line, Pendleton</a>	Tom Williams 688-2981
Sat Aug. 27	9:00 AM	367	<a href="#">Bagdad Bunker</a>	53/43	0	4200/2000	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Loren Danaher 430-1600
Sun Aug. 28	9:00 AM	752	<a href="#">Genesee Park &amp; Forest</a>	47/36	Diff/MD	2400	<a href="#">Corfu Middle School on Rt. 77 North of Rt. 33</a>	Dennis Powell 691-6233
Sat Sept 3	9:00 AM	762	<a href="#">Niagara-Wheatfield Metric</a>	62/44/35	Mod/Easy	0	<a href="#">Errick Rd.School, Errick Rd. off Niagara, Wheatfield</a>	Alex Setlik 692-7045
Sat Sept 3	9:00 AM	333	<a href="#">Run to Randolph</a>	56	Diff	3200	<a href="#">Ellicottville Town Park, Ellicottville, NY</a>	Loren Danaher 430-1600
Sun Sept 4	9:00 AM	909	Club Picnic	TBD	0	0	<a href="#">Elma Meadows Park, Rice Rd. at Girdle, Elma</a>	
Mon Sept 5	10:00 AM	312	<a href="#">Bubaloos (old Billy Bob's)</a>	31	Easy		<a href="#">Clarence Middle School, Greiner and Strickler</a>	Betsy Dexheimer 585-343-5172
Mon Sept 5	10:00 AM	328	<a href="#">Kazzo Klassic II</a>	37	MOD	1800	<a href="#">Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5</a>	Michele Smith 627-4352

**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., 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
<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 & Stahley Rd., Swarmsville (Clarence)	Peg Walker (741-4616), Gerry Russell and Jane Armbruster
	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 Sue Williams, 688-2981
<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.

### 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

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Notify Sue Williams (688-2981), Chairperson of the Sunshine Committee. NFBC Cares about its people.

# AUGUST 2011



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>2</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>3</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>4</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>5</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>6</b> <i>Amherst 9 AM</i> E.Amherst-Akron New, New Oregon Rd. II
<b>7</b> Buffalo 9 AM E. Wilson Express Pat's New Ride	<b>8</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>9</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>10</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>11</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>12</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>13</b> <i>Amherst 9 AM</i> Greycliff Ride CanAm City Ride
<b>14</b> <b>CAN AM RIDES</b>	<b>15</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>16</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>17</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>18</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>19</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>20</b> <i>Amherst 9 AM</i> Swank's Party Rides
<b>21</b> Buffalo 9 AM Somerset Shoreline Ski Country	<b>22</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>23</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>24</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>25</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>26</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>27</b> <i>Amherst 9 AM</i> Erie Canal Double Cross Bagdad Bunker
<b>28</b> Buffalo 9 AM Genesee Park & Forest	<b>29</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>30</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>31</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<i>Lancaster 10 AM</i> <i>Pendleton 6:00 PM</i> <i>Lancaster 6:00 PM</i>	<i>Clarence 10 AM</i> <i>Amherst 6:00 PM</i> <i>Elma 6:00 PM</i>	<i>Amherst 9 AM</i> Niag-Wheatfld Metric Run to Randolph

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.

## Meals on Two Wheels: Dunkirk NFBC Members Deliver Meals

On any sunny Thursday morning in Dunkirk, you might see NFBC members Bob Ehrheart and George Sinclair getting their cycling workout. What is unique is that at the same time, they are delivering nutritious meals to individuals who are unable to prepare meals themselves.

The Dunkirk-Fredonia Meals on Wheels program partnered with "Spoke Folk" to develop a greener option for meal delivery during the warmer months. The bicyclists pull small trailers stocked with either warm or cold meals. Delivery by bicycle doesn't burn gas or contribute harmful emissions to our environment. The bicycle deliveries avoid parking problems and traffic congestion, resulting in more timely meal deliveries for the recipients.



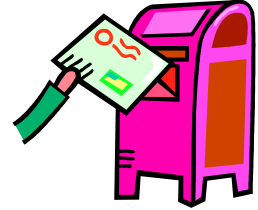
The cyclists who helped start the program three years ago and who continue to make the deliveries were part of Spoke Folk. This is a group of cycling volunteers whose repair and educational efforts have saved over 400 bikes from the landfill and returned them to the community in good working order.

The Meals on Two Wheels program has been aided from the start by grant support, initially to buy the food-bearing trailers, and just recently to buy dedicated bicycles for delivery vehicles. If you live in the Dunkirk-Fredonia area, you might consider joining them. If you would like to start a similar program in your own area, Bob or George would be happy to help get you started in the right direction.

## Letter to the Editor: Club Trip Options

I'd like to offer a clarification to the article about club trips published in the April issue of the *Newsletter*. The article divided club trips into two types, Prix Fixe and A La Carte. Unfortunately the wording of the Prix Fixe trip description does not address an issue discussed by the NFBC Board at a March 7<sup>th</sup> meeting. Because the rides on a club trip are club rides, they count toward the cumulative club miles for the year. Also, because they are club rides, any member of the club who chooses to show up for the ride gets to go on the ride. So, people who choose not to pay for the whole package of the Prix Fixe club trip have always been able to join the rides scheduled by the organizers of the trip. There could be numerous reasons why club members might make this choice. They might be available for only some of the days for which the trip is scheduled. And while they may enjoy socializing

with friends who have signed up for the club trip, they may prefer to do their socializing in informal venues of their own choosing rather than joining the scheduled social get-togethers of the trip. So, there continues to be, in fact, a third option for NFBC members: they are certainly welcome to make their own arrangements and show up at the location where a Prix Fixe trip is being held as long as they understand that they cannot participate in the social functions arranged by the trip organizer. The Board will have further discussions of club trips to ensure that they are accessible to as many members as possible.



**Linc Blaisdell**

## NFBC Members Raise Funds for the *Tour de Cure* and *Ride for Roswell*

The following club members joined the NFBC team in the the *Tour de Cure*: Mary Hughes, James Kay, Paul Kay, Sara Kay, Kathleen O'Connor, Christopher Puchalski, Elaine Rubenstein, Randall Shortridge, and Larry Wehling. The NFBC team went into the ride as the #2 fundraiser in the club team category

Two members of the NFBC, Liz Skelton and Wolfgang Buechler, rode with Team PCB in the *Tour de Cure*. With only 13 total members, Team PCB raised over ten thousand dollars for the American Diabetes Association (more than a 50% increase from last year) and ended up as the 5th highest-earning team in the Tour. Super fund-raiser Wolfgang Buechler led the team, and says that next year his goal is \$25,000!

Several NFBC members participated in the Ride for Roswell by joining Team Austin: Diane Currie, Ian Currie, David Gonzalez, John King, Bob Mahaney, Adrienne McDonough, Michele Smith, Jody Snyder, and Cindy Stachowski.

*Editor's note: Many NFBC members participate in charity rides on an NFBC team, as individuals, or on other teams. Send your information to the Newsletter ([elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)); I'm pleased to give members recognition for their cycling efforts on behalf of worthwhile charities.*

## New York State Passes Complete Streets Legislation

New York State has passed legislation that will bring about better access to public roadways for *all* road users—pedestrians, bicyclists, people of all ages and abilities including children, the elderly, and the disabled, and, of course, motorists. Policies of this type are collectively known as [Complete Streets](#) policies. It's a movement that has been gaining ground in the last decade and spreading throughout the country, with NYS emerging as one of the leaders by enacting this legislation. Complete Streets was passed in the city of Buffalo and Erie County in 2008.

[The Bill](#) states that the consideration of complete street design features would be provided for on all projects undertaken by municipalities and public authorities that receive both state and federal funding and are subject to department of transportation oversight." There are a few conditions and considerations for projects that are grandfathered in before the law goes into effect, and there is some grey area left open to inter-

pretation by the use of the phrase "where appropriate." As of April of 2010, NYSDOT had already adopted a policy to "promote pedestrian and bicycle travel for all persons on the state transportation system," and further, "to develop a transportation system that offers travel mode choices that are inclusive of, accessible to, convenient and safe for pedestrians and bicyclists." The Complete Streets law would hold DOT accountable, requiring that it produce a report within two years demonstrating the Department's compliance with the law and how it has modified its procedures to "institutionalize" complete streets design features.

The bottom line is that this new legislation means bicyclists can expect to see better facilities on new road projects in the future—more bike lanes, sharrows (shared lane markings), multi-use trails, signage, signals, etc.—which is definitely cause for celebration!

SOURCE: <http://www.capitalcoexist.org>

**Saturday  
August 6**

**Pat & Loren's Ride and Picnic**

**The Rides:** The New, New Oregon Road II. The 58 mi. ride listed in the ride schedule is rated Difficult; there will also be a 39 mi. Moderate option.

**The Picnic:** Though not an "official" club party, Pat & Loren are hosting a picnic after the ride, and you're invited!

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.

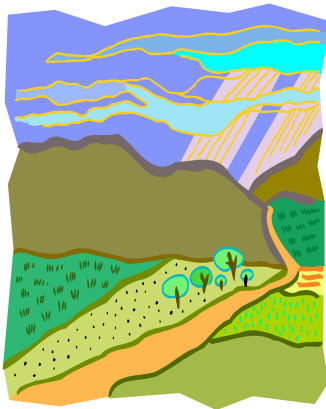
**Directions to Pat & Loren's Place (Ride start & Picnic)**

I-90 to exit 57A (Eden-Angola)  
R onto Eden-Evans Cntr. Rd. At 3rd. light  
L onto Rt. 5. Go 2mi. and turn  
R onto Eisenhower.  
1.8 mi. to #207 Eisenhower

**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 20**



On July 10, a huge crowd of NFBC members past and present gathered to say good bye and to wish Jean and Alan Frederick best wishes in their move to Virginia. Pat Tambacas read her poem for the Fredericks to a rapt audience.

## Club trip: Leesburg, Virginia; great rides, scenery, camaraderie!

**By Sue Alessi**

On Thursday June 30, 2011, 36 club members drove to Leesburg, Virginia for the start of another fantastic club trip. After checking into the Best Western Hotel, a large group rode the W-OD bike trail from the hotel, 11 miles out (mostly uphill) and back again (mostly downhill). An opening reception party was given by our hosts, Richard and Arlyne Lepie, in the hospitality room they had rented.

Friday was sunny and hot, as the entire weekend was. We set out on a hilly ride, with beautiful scenery of big houses, large farms and grand-looking horses. The ride left from Purcellville and took us to Middleburg, a charming town with many restaurants and shops which some of us explored the next day. The afternoons each day were spent in the pool or lounging in one's air-conditioned room to cool off. The Friday evening meal, included in the trip, was at Aiyara Thai Restaurant. We all sat outside at two long tables for a delightful meal of Thai food.

There were four choices for the Saturday ride, ranging from 51 to 28 miles; all left from Middleburg, a quaint touristy town. Unfortunately, Richard Lepie had an accident: a car sideswiped him and took off. Thanks to Dennis Powell chasing the driver down, Darrel Skelton taking charge of traffic, and Mohamed Zeid cleaning the wound area, Richard was well cared for. The evening was free to do whatever; so small groups chose restaurants from the many fine eateries in Leesburg for dinner.

During our Sunday morning briefing, we were treated to festive T-shirts for Independence Day and were asked to wear them at the evening's barbecue. The Sunday ride options included a leisurely, shady bike path and a 36 or 24-mile ride through Waterford, a designated a National Historic Landmark built in 1733. Each home was more impressive than the next. That afternoon a thunderstorm with high winds arrived and changed the barbecue venue from outside by the pool to inside in the hotel breakfast room. Our steaks and salmon were grilled outside under a small covered area in front of the hotel by the three super chefs – Paul Sprada, Bob Alessi and Tom Williams. The Lepies did another superb job of providing all the food including snacks, beverages, salads, vegetables, bread and dessert.

On the final morning after breakfast, some left for home, some did a ride from the hotel and some drove to Antietam Battlefield to do the scheduled ride. This was another fine trip that Richard and Arlyne Lepie and Alex Setlik developed. The hotel accommodations were great, the riding beautiful and the camaraderie of friends superb.

Photo credits: Lori Harf, 1 & 3; Sue Alessi, 2, 4 & 5



1



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## Make it Happen: Weight Training for Cyclists

**By Cindy Adams**

Recently, I had the pleasure of cycling in Virginia on this year's club trip. Ask anyone who rode and they will say that the rides were "breathtakingly beautiful, yet challenging." Personally, after riding I was ready to star in a pain relief medicine commercial.

As a personal trainer, I know the importance of properly training for a new physical challenge, yet I don't always take the time to prepare. Maintaining muscle mass and strength is an integral part of any cyclist's training program, and marked improvement in strength can be demonstrated in a relatively short period of time.

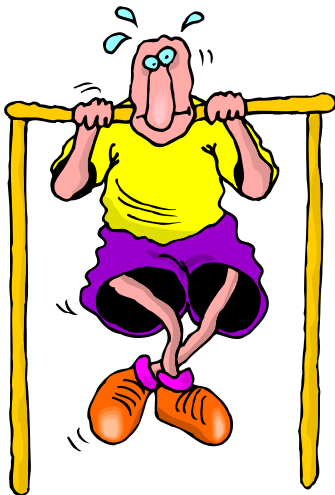
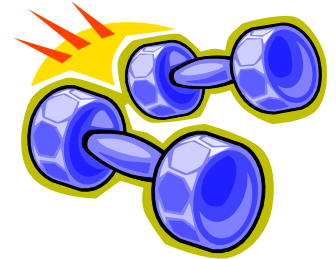
Leg strength on the bike can be gained in a variety of ways. If you ride hills, use them and they will make you stronger. If you are confined to spin classes, use more resistance, as much as you can take, and keep the wheel moving 80 rpm minimum.

As for strength training, traditionally most cyclists avoid weight training, believing that larger muscles will only weigh them down, and that upper body muscles are not needed in cycling.

Since most of us are not professional cyclists, adding a few more pounds will not make a significant difference in riding performance. Studies show that weight training enables cyclists to ride longer at a higher intensity before hitting their limit.

Cyclists often forget how much their trunk and arms are involved in cycling until they pedal up a steep hill that forces them to stand up off their seat and pray that they will make it to the top. Abdominal and lower back strength is particularly important to prevent an achy back caused when swaying on the bike during uphill climbs. Keeping your muscles strong will also help decrease the chance of injuries if you should take that unexpected bike fall.

Personally, I don't want to spend a lot of time at the gym during summer months; I prefer to work on the uneven tan lines caused by my bike outfit. For those of you who concur, I recommend the following exercises that can be done at home with a set of free weights and 20-30 minutes of your time twice per week.



### Sample Weight Routine for Cyclists (15-20 repetitions, 3 sets):

Legs	Lunges, Squats, Leg Curls with ankle weights, Step ups with hand weights, Deadlifts
Back	Assisted Pull-up and Back Extensions
Chest	Chest Fly and Push-up
Shoulders	Military Press and Back Deltoid Fly
Arms	Triceps Push-backs and Concentration Curl
Abdominals	Basic Abdominal Crunch, Reverse Abdominal Crunch, Crunch with a twist



## Niagara Frontier Bicycle Club

### BOARD OF DIRECTORS

#### President

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On Wednesday July 13, folks on Wednesday Night South enjoyed a special ride that Leader Frank Soltiz invents each year, inspired by that big bike race in Europe. He calls it the "Tour de Frank." Any Wednesday evening, expect a ride that is challenging and entertaining; meet behind the Municipal Building in downtown Orchard Park. Photo by Frank Soltiz.

The Niagara Frontier Bicycle Club Presents

# The 2011 CanAm Century Weekend

Saturday, August 13 - Sunday, August 14th



## Count Me In!

Please Please Please Print Clearly

### Rider Registration Form

One form is required for each registrant - Or you can register on line at [www.CanAmRide.com](http://www.CanAmRide.com)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Addr: \_\_\_\_\_ NFBC Member No\* \_\_\_\_\_

\* if you have one - not required to register

Registration Cost	
Register Before July 17	\$45
July 18 - August 7	\$55
August 8 to Ride Day*	\$70

\* Ride Day Registration is space available only. We are limiting this event to 300 riders.

Phone No: \_\_\_\_\_

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

Contact's Phone: \_\_\_\_\_

Your Email Addr: \_\_\_\_\_

Enclosed check for: \_\_\_\_\_ Payable to NFBC

Send completed form with payment to: **NFBC - CanAm Registration**  
1031 Tonawanda Creek Rd.  
Amherst, NY 14228

**After we receive your registration we will send you a confirmation email.**  
**Note: Approved bicycle helmets are required. Also, you must sign the waiver below:**

In consideration of accepting this entry, I hereby, for heirs, my administrators, and myself 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 parental signature is required)

### Ride Options

I would like to ride:

- 35 Miles - Buffalo, NY, USA
- 62 Miles - Buffalo, Niagara Falls, USA & Canada
- 100 Miles - Buffalo, Niagara Falls, Fort Niagara, USA & Canada

My size for my free tee shirt:

- Small  Medium
- Large  X-Large

### Saturday Scenic Graycliff Ride\*

An NFBC led, 9:00 AM ride from Chestnut Ridge Park south of the city, along a choice of two hilly routes, one 52 miles and the other, 43 miles. Both rides will feature great views and a brief stop at the Graycliff estate, designed by Frank Lloyd Wright.

- I will likely do this scenic ride.

### Saturday Buffalo Tour Ride\*

An NFBC-guided, 1:00 PM bike tour ride: a relaxed ride of 30 miles taking in our architectural wonders.

- I will likely do this city tour ride.

### Saturday Night Reception\*

The NFBC will be hosting a pre-ride social. Light food & drink served. Ride packets available.

- I will likely attend this reception

\* Details for all Saturday events will arrive in your information packet. No Additional Fees!

Print Form

**NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION**

*NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT*

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

**1. ACKNOWLEDGE**, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

**2. FULLY UNDERSTAND** that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

**3. HEREBY RELEASE**, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address  Address Change?  Yes  No

City  State  Zip Code  Phone  Cell

Email1  Email2  Email Change?  Yes  No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC  NO LOCAL BIKE CLUBS  NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:			Birthdate (if under 18)

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	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
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
<b>TOTAL</b>	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.  
c/o Roy R. Tocha  
11 N. Eaglecrest Dr.  
Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to [nfbc@yahoogroups.com](mailto: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.

