

NFBC NEWSLETTER

Dates to Remember

- Aug. 3, Fri PM South ride start moved to Grand Island (see p. 3)
- Aug. 4-5, CanAm
- August 11-12, Ellicottville Party Rides
- September 2, Club Picnic

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www.nfbc.com

Don't miss out: the 2012 CanAm is Aug 4-5

NFBC's signature event, the CanAm, is just around the corner. Choose the 100, 62, or 35 mile ride for Sunday, and enjoy the Saturday architectural tour, Saturday evening social, and Sunday post-ride party and lunch. You can still register at the website (<http://www.canamride.com/> and pay by PayPal) or as a walk-in at either the Saturday evening social or on the day of the ride beginning at 6 AM, at the Boathouse. There is a fee, even for club members, to cover the costs associated with the ride, including: the Frank Lloyd Wright Fontana Boat House, parties before and after, rest stops, and support along the way. Any of us could cycle the routes alone on a different day, without support, but there really is something exciting about being part of the group and sharing the experience with out-of-towners and fellow NFBC members. Don't miss it!

Safe Bicycling in Western New York?

Motor vehicles striking bicyclists caused five terrible accidents in recent weeks, four resulting in the death of the cyclist. These tragedies demand our response. Certainly it's our obligation to follow and promote safe cycling habits (as discussed often in these pages). We need to work with advocacy groups for complete streets, with well-marked, safe bike routes and motorist (and cyclist) education. Still, none of this gives a cyclist a fair chance with a drunk, hostile, or simply distracted driver at the wheel. On pages 8-9, Michael Bluejay, a writer, web publisher, and bicycling advocate, offers his advice on avoiding accident-prone bicycling situations.

Roy's Membership Update

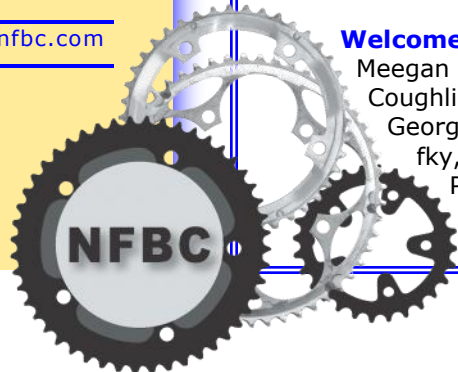


By Roy Tocha, NFBC Membership Chairperson

There are 427 members in the club. They are in 329 households. 84 members are new to the club this year. These are very close to last year's numbers. I hope you are having an enjoyable cycling season!

Welcome this month's new members:

Meegan Becker, Don Benoit, Amanda Campbell, Kathleen Coughlin, Andrew Coughlin, Michael Crouch, Glenn Gordon, George Hofheins, Jim Ingham, Patrick Meszler, Patricia Nafky, Jackie Olsen, Steve Papapanu, Cheryl Peluso, Ron Penton, Hall Peter, Aaron Slosman, Katie Slosman, Mike Slosman, Kim Slosman, Stephen Steiner, Mont Stern, Eric Vallone, Gil Wolfe, Weiai Xu. (July 20th)





August 2012 (and some September) WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sat, Aug 04	10:00 AM	380	Greycliff Ride	52/43	Diff/Mod	2500/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Aug 04	1:00 PM		Can Am Architectural Tour Ride	#N/A	#N/A	#N/A	<i>These rides begin from the Frank Lloyd Wright Fontana Boat House. Registration, including a fee, is required for this special NFBC event. You can still register at the website (http://www.canamride.com/ and pay by PayPal) or as a walk-in at either the Saturday evening social or on the day of the ride beginning at 6 AM, at the Boathouse. (\$65 after 7/29)</i>	
Sun, Aug 05	7:00 AM		Can Am Century Ride	100	Diff			
Sun, Aug 05	9:00 AM		Can Am Metric Century Ride	62	Mod			
Sun, Aug 05	10:00 AM		Can Am City Ride	35	Easy			
Sat, Aug 11	10:00 AM	919	Ellicottville Party Ride (same as Holi Terror)	49/38/25	XXD/XD/Mod	3200/2000/800	Ellicottville Town Park, Ellicottville, NY	Pat Danaher 310-8136
Sun, Aug 12	9:00 AM	389	Erie Canal Double Cross	45/25	Mod	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Elaine Rubenstein 633-2133
Sun, Aug 12	10:00 AM	920	Ellicottville Party Ride (same as Run to Randolph)	56/25	Diff/Mod	3200/800	Ellicottville Town Park, Ellicottville, NY	Pat Danaher 310-8136
Sat, Aug 18	9:00 AM	762	Niagara-Wheatfield Metric	62/45/36	Mod/Easy	0	Errick Rd.School, Errick Rd. off Niagara, Wheatfield	Alex Setlik 692-7045
Sat, Aug 18	9:00 AM	248	Nutcracker	47/27	XD/MD	3000/1500	Hamlin Park (south parking lot), S Grove St E.Aurora	Tim Cleary 807-7174
Sun, Aug 19	9:00 AM	312	Bubaloos (old Billy Bob's)	31	Easy		Clarence Middle School, Greiner at Strickler	Betsy Dexheimer 585-343-5172
Sun, Aug 19	9:00 AM	339	Eighteen Mile Creek	44/22	Diff/Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	John King 822-4808
Sat, Aug 25	9:00 AM	720	Point Abino Bay	34	Easy	0	Niagara Blvd at Queen St, Fort Erie Ontario, Canada	Lori Harf 601-7535
Sat, Aug 25	9:00 AM	130	West Falls-Backcreek	37/33	MD	1800/1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Bradshaw Hovey 857-0906
Sun, Aug 26	9:00 AM	712	Somerset Shore-line Cruise	37	Easy	430	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Gerry Russell 433-0796
Sun, Aug 26	9:00 AM	86	Ski Country	44/33	XD	2800/2000	Sprague Brooke Park Parking Lot, Foote Rd.(L off Rt. 240, Glenwood, NY) Colden	Tim Cleary 807-7174
Sat, Sept 01	10:00 AM	394	Quilt Barns (New Ride)	41	Easy	0	Kendall Town Hall, 1873 Kendall Road, Kendall, NY	Rebecca Ribis 837-0089
Sat, Sept 01	10:00 AM	367	Baghdad Bunker	53/43	0	4200/2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 310-8136
Sun, Sept 02	10:00 AM	391	Elma Meadows Picnic Long Rides	45/33	X-D/DIFF	2800/2000	Elma Meadows Park, Girdle & Rice Rds Elma	Tim Cleary 807-7174
Sun, Sept 02	11:00 AM	390	Elma Meadows Picnic Short Rides	25/13	Mod/Easy	500/300	Elma Meadows Park, Girdle & Rice Rds Elma	Rich McCarthy 982-0626
Mon, Sept 03	10:00 AM	328	Kazoo Klassic II	37	MOD	1800	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5 Evans	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
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Mike Dusing, 895-6423
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	2952 Niagara Falls Blvd., near North French, behind Pet Supplies Plus, Amherst,	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Tom Williams, 688-2981
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Peg Walker, 741-4616
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	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	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster (map link)	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
Sunday	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.

On Friday, August 3 only, the start location for the Friday evening south ride has been moved from Elma Meadows to the Grand Island Holiday Inn (100 Whitehaven Rd. at E. River Rd., Grand Island). See page 5 for more information

AUGUST 2012 RIDES AT A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	2 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	3 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>**Elma 6:30 PM—</i> <i>Moved to G.I.</i>	4 <i>Amherst 9 AM</i> Greycliff Ride CanAm Architec- tural Tour
5 CanAm: 100, 62, 35 mile Rides	6 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	7 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	8 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	9 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	10 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	11 <i>Amherst 9 AM</i> Ellicottville Party
12 <i>Buffalo 9 AM</i> Erie Canal Double Cross Ellicottville Party	13 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	14 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	15 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	16 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	17 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	18 <i>Amherst 9 AM</i> Niagara-Wheatfield Metric Nutcracker
19 <i>Buffalo 9 AM</i> Bubaloo's 18 Mile Creek	20 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	21 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	22 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	23 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	24 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	25 <i>Amherst 9 AM</i> Pt. Abino Bay West Falls Back- Creek
26 <i>Buffalo 9 AM</i> Somerset Shoreline Ski Country	27 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	28 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	29 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	30 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	31 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	1 <i>Amherst 9 AM</i> Quilt Barns Baghdad Bunker
2 NFBC Picnic, Elma Meadows	3 Kazoo Klassic II	4 <i>Tonawanda 10 AM</i> <i>Pendleton 6 PM</i> <i>Hamburg 6 PM</i>	5 <i>Orchard Park 10 AM</i> <i>Swormsville 6 PM</i> <i>Orch. Park 6 PM</i>	<p>Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The regular day-of-the-week rides are indicated in italics.</p>		

NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to elaine_rubey1@yahoo.com

OFFICIAL PARTY RULES

For members of the NFBC, biking is number one, followed by socializing with friends. Get-togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend supply a reasonable dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed partygoer and do your share to make these get-togethers continued successes for the club.

HELP SPREAD SUNSHINE

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski (tturski@aol.com, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!



August Rides of Special Interest

For one night, and one night only, the Grand Island Ride returns! Yes the Friday night, 25 mile, no turn, keep the water on your right, river loop made famous and led by Bruce Kennedy leaves out of the Holiday Inn lot (with their kind permission) at **6:30 PM on Fri. August 3rd**. This ride replaces the Friday night Elma ride this one time. So make your Can-Am weekend complete and come on out! Holiday Inn - 100 Whitehaven Rd. at E. River Rd. - Grand Island. --Pat

The NFBC's popular invitational weekend, the CanAm, will be held on **August 4-5**. On Sunday, August 5, there are three distances offered: 100, 62, or 35 miles. There is a fee, even for club members, to cover expenses, but it's definitely worth it for what you get. There are other weekend rides, two parties, great rest stops and sag.

Ellicottville Party Rides on August 11-12 give you the chance to ride and socialize with members of the Rochester Bicycle Club and enjoy Ellicottville activities. The rides are Southtowns favorites: on **Saturday, August 11** look out for Holi Terror, and on **Sunday, August 12**, Run to Randolph. For more information see the description below.

If the Can Am hasn't tired you, the Niagara-Wheatfield Metric on **Saturday, August 18**, offers a choice of three distances: 62, 45, and 36 miles. It's perfect for those who favor longer distances but still shorter than a century. Expect good roads, great scenery, and rest stops/services along the way.

Bubbaloo's Ride, **Sunday, August 19**, has been a Northtowns favorite for some time, but this year, by request, we expect to have a dual distance available. The original and a LONGER version! Details are being finalized at press time, but expect the long version to make wiggling into your bike shorts worthwhile. --Dennis

August

11-12

Ellicottville Weekend

On Sat. & Sun. - August 11th & 12th we will be teaming up with the Rochester Bicycle Club once again -- this time for a fun-filled weekend in Ellicottville! The rides both days will start at 10:00 at the Town Park on Parkside Dr. (between Fillmore and Mechanic) and offer several ride options with varying degrees of difficulty. Yes, you can do a 25 mile moderate valley ride down here in these hills! Check the schedule on page 2 for ride specifics. And when we're done cycling, the Town Park is a great place to relax before heading into town for the *Taste of Ellicottville*. Great food, music and activities (not to mention some beautiful rides) says "get a place to stay and make this an E'ville weekend!"

Check it out at <http://www.ellicottvillenyc.com/taste-of-ellicottville/>



The NFBC Picnic

Sunday, September 2 @ Elma Meadows Park

Come join us for the NFBC Club Picnic, Sunday, September 2 at Elma Meadows Park, located at 1711 Girdle Road (at Rice Road), Elma, NY. To start the festivities, there will be several delightful rides from which to choose. All rides start from the main parking lot in front of the club house. Please check the ride schedule on page 2 to pick your ride.

Tim Cleary will sign in riders for the longer rides, which start at 10:00 AM. The shorter rides begin at 11:00 AM; Rich McCarthy will do the sign-in. Sue Williams will be at the ride starts (and at other times in the picnic shelter) to collect the \$5 picnic fee that will get you a ticket for lunch and entry into the prize raffle that will be held after lunch. Hold onto those tickets for both access to lunch and eligibility for prizes afterwards. You won't want to miss it!

Great prizes are being gifted from the local bike shops and other places of interest. MC Extraordinaire Tom Williams will be in charge.

After you work up an appetite from your ride, you may choose to change clothes in the club house and then come to the #1 shelter by driving back out of the main parking area and taking the park road that veers off to the left. By staying left, you will come to the #1 shelter, which is where you will find us. (For a park map, go to the Erie County

Parks website: <http://www2.erie.gov/parks/index.php?q=elma-meadows-golf-course-amp-park-park-map>

Lunch will be served at approximately 12:30. The picnic will be held **RAIN OR SHINE** in the shelter. There is ample seating, though if you wish to sit in the sun, feel free to bring your own chair. Main entrees, sides, and cold beverages (water, soda, beer, wine) will be provided. Other homemade or purchased delicacies are welcomed. You know how hungry cyclists get and how appreciative we are of good food! We will again be holding a dessert contest, which is occasion for suspense for the entrants and rapture for the rest of us! Prizes will be awarded to the top two winners.

RSVP to Jane Armbruster, armbruja@buffalostate.edu by August 20. Please indicate if you require a vegetarian meal or have dietary restrictions. See you there!



Once again, the annual NFBC Club Picnic coincides with Labor Day Weekend.

Hudson Valley Trip combines beautiful scenery, history, and great rides

By Liz Skelton

Brenda Fischer and Cindy Stachowski put together a fabulous mid-Hudson area club bike trip (June 30-July 4) for those lucky club members who were able to attend. The hotel was perfect for our needs--- large rooms all on the first floor, a full, free breakfast served early every day and a great pool.

And who knew Poughkeepsie was such a great little town? It is located in an area of gorgeous scenery, which we enjoyed on our rides into the countryside, and full of history (mansions, historical sites) and good restaurants. Many of the rides started in nearby New Paltz where Darrell and I wandered around the 17-century houses there and cruised the quaint little shops one afternoon. Some of our group toured the grounds of West Point, and one day Ed Hutton took us all on a bike tour of some of the mansions that line the Hudson in that area. Dinner at the Culinary Institute of America was certainly a trip highlight. Cindy, Darrell and I stayed an extra day to watch the 4th of July fireworks from the pedestrian bridge that spans the Hudson.

Somehow Brenda and Cindy also arranged for us to enjoy nearly perfect weather for the entire 5 days. They did an amazing job, and we all appreciate the hard work it took to pull off a great NFBC trip.



Photos by Brad Russell and Linda Kalka.

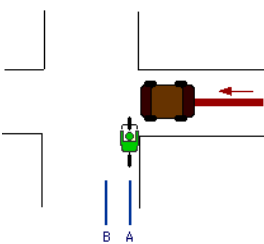
How Not to Get Hit by Cars; *important lessons in bicycle safety*

By Michael Bluejay

(reprinted with permission and modification from <http://BicycleSafe.com>. Check out the website for much more information.)

Editor's Note: Michael Bluejay is a writer and cyclist with a valuable approach to bicycle safety. His thesis is that cyclists have to do more than "follow the law" to avoid being hit by cars, they have to avoid the situations that statistically are frequent causes of bicycling accidents. Some of his ideas may not be popular with club members, especially directions to slow down in certain situations, or choose roads based on their width and traffic levels. Bluejay writes: "This is a far cry from normal bicycle safety guides, which usually tell you little more than to wear your helmet and to follow the law. But consider this for a moment: Wearing a helmet will do absolutely nothing to prevent you from getting hit by a car. Sure, helmets can help you if you get hit, but your #1 goal should be to avoid getting hit in the first place."

Collision Type #1: The Right Cross



This is the most common way to get hit (or almost get hit.) A car is pulling out of a side street, parking lot, or driveway on the right. Notice that there are actually two possible kinds of collisions here: Either you're in front of the car and the car hits you,

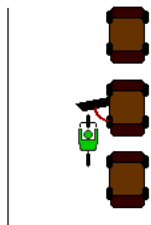
or the car pulls out in front of you and you slam into it.

How to avoid this collision:

1. Get a headlight. If you're riding at night, you absolutely should be using a front headlight. It's required by law, anyway. Even for daytime riding, a bright white light that has a flashing mode can make you more visible to motorists who might otherwise Right Cross you. And headlamps (mounted on your head or helmet) are the best, because then you can look directly at the driver to make sure they see your light. **2. Wave.** To make eye contact with the driver, wave your arm. You could also use a loud horn to get drivers' attention. If it looks like the driver is about to pull out without seeing you, yell "Hey!" **3. Slow down.** If you can't make eye contact with the driver (especially at night), slow down so much that you're able to completely stop if you have to. **4. Ride further left.** You're probably used to riding in the "A" line in the picture, very close to the curb, because you're worried about being hit from behind. But take a look at the car. When that driver is looking down the road for traffic, he's not looking in the bike lane or the area

closest to the curb; he's looking in the *middle* of the lane, for other cars. The farther left you are (such as in "B"), the more likely the driver will see you.

Collision Type #2: The Door Prize

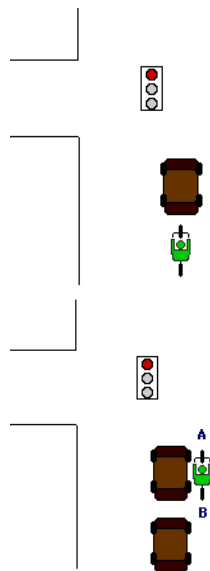


A driver opens his door right in front of you. You run right into it if you can't stop in time. This kind of crash is more common than you might think: It's the second-most common car-bike crash in Toronto and the #1 crash in Santa Barbara.

How to avoid this collision:

Ride to the left. Ride far enough to the left that you won't run into any door that's opened unexpectedly. You may be wary about riding so far into the lane that cars can't pass you easily, but you're more likely to get doored by a parked car if you ride too close to it than you are to get hit from behind by a car which can see you clearly.

Collision Type #3: Red Light of Death



You stop to the right of a car that's already waiting at a red light or stop sign. They can't see you. When the light turns green, you move forward, and then they turn right, right into you.

How to avoid this collision:

Don't stop in the blind spot. Simply stop *behind* a car, instead of to the right of it, as in the first diagram. This makes you very visible to traffic on all sides. It's impossible for the car behind you to avoid seeing you when you're right in front of it.

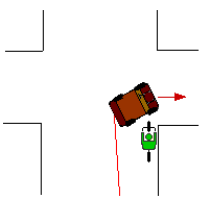
Another option is to stop at either point A in the 2nd diagram (where the first driver can see you), or at point B, behind the first car so it can't turn into you, and far enough ahead of the second car so that the second driver can see you clearly. It does no good to avoid stopping to the right of the first car if you're going to make the mistake of stopping to the right of the second car. EITHER car can do you in.

If you chose spot A, then ride quickly to cross the street as soon as the light turns green. If you chose spot B, then when the light turns green, DON'T pass the car in front of you -- stay behind it, because it might turn right at any second. (NEVER pass a car on the right!) But try to stay ahead of

Continued from previous page—How Not to Get Hit by Cars

the car behind you until you're through the intersection, because otherwise they might try to cut you off as they turn right.

Collision Type #4: The Right Hook

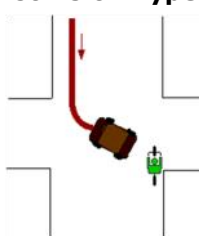


A car passes you and then tries to make a right turn directly in front of you, or right into you. They think you're not going very fast just because you're on a bicycle, so it never occurs to them that they can't pass you in time. Even if you have to slam on your brakes to avoid hitting them, they often won't feel they've done anything wrong. This kind of collision is very hard to avoid because you typically don't see it until the last second, and because there's nowhere for you to go when it happens.

How to avoid this collision:

- 1. Don't ride on the sidewalk.** When you come off the sidewalk to cross the street you're invisible to motorists. You're just begging to be hit if you do this.
- 2. Ride to the left.** Taking up the whole lane makes it harder for drivers to pass you to cut you off or turn into you. If the lane you're in isn't wide enough for cars to pass you safely, then you should be taking the whole lane *anyway*.
- 3. Glance in your mirror before approaching an intersection.** (If you don't have a handlebar or helmet mirror, get one now.) Be sure to look in your mirror *well before* you get to the intersection. When you're actually going through an intersection, you'll need to be paying very close attention to what's in *front* of you.

Collision Type #5: The Left Cross



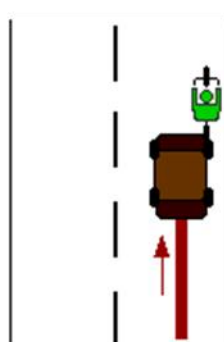
A car coming towards you makes a left turn right in front of you, or right into you.

How to avoid this collision:

- 1. Don't ride on the sidewalk.** When you come off the sidewalk to cross the street, you're invisible to turning motorists.
- 2. Get a headlight.** If you're riding at night, you should absolutely use a front headlight. It's required by law in most states, anyway.
- 3. Wear something bright, even during the day.** Reflective leg bands are also easy and inexpensive.
- 4. Don't pass on the right.** Don't overtake slow-moving vehicles on the right. Doing so makes you invisible to left-turning motorists at intersections. Passing on the right means that the vehicle you're passing could also make a right turn right into you, too.
- 5. Slow down.** If you can't make eye contact with the driver (especially at night), slow down so much that you're able to completely stop if you have to. Sure, it's inconvenient, but it beats getting

hit.

Collision Type #6: The Rear End



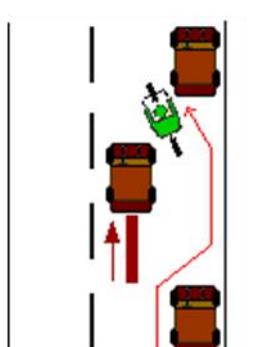
A car runs into you from behind. This is what many cyclists fear the most, but it's actually not very common. However, it's one of the hardest collisions to avoid, since you're not usually looking behind you. The risk is likely greater at night and in rides outside the city where traffic is faster and lighting is worse. The best way to avoid getting Rear-Ended is to ride on very

wide roads or in bike lanes, or on roads where the traffic moves slowly, and to use lights when biking at night.

How to avoid this collision:

- 1. Get a rear light.** If you're riding at night, you absolutely must use a flashing red rear light. I can't stress this item enough: If you ride at night, get a rear light!
- 2. Wear reflective, visible clothing.**
- 3. Choose wide streets.** Ride on streets whose outside lane is so wide that it can easily fit a car and a bike side by side. That way a car may zoom by you and avoid hitting you, *even if they didn't see you!*
- 4. Choose slow streets.** The slower a car is going, the more time the driver has to see you.
- 5. Use back streets on weekends.** The risk of riding on Friday or Saturday night is much greater than riding on other nights because all the drunks are out driving around. If you do ride on a weekend night, make sure to take neighborhood streets rather than arterials.
- 6. Get a mirror.** Get a mirror and use it.
- 7. Don't hug the curb.** Give yourself a little space between yourself and the curb. That gives you some room to move into in case you see a large vehicle in your mirror approaching without moving over far enough to avoid you. Also, when you hug the curb tightly you're more likely to suffer a [right cross](#) from motorists who can't see you.

7. Don't swerve in and out of the parking lane if it contains any parked cars.



You might be tempted to ride in the parking lane where there are no parked cars, dipping back into the traffic lane when you encounter a parked car. This puts you at risk for getting nailed from behind. Instead, ride a steady, straight line in the traffic lane.

(See a related article on page 10.)

"Effective Cycling" and "How not to get hit by cars"

Compared to "How not to get hit by cars" by Michael Bluejay on pages 8-9, there is a more bicycle-club-favored approach to bicycle safety, the trademarked "Effective Cycling". Effective cycling is a veritable multimedia empire including a book, video, and hands-on course. This educational program for cyclists and instructors is summed up by its creator, John Forester: "Cyclists fare best when they act and are treated as drivers of vehicles." Forester opposes bike lanes, or any accommodation that treats bicycles differently from motor vehicles. Other aspects of this approach (never ride on the sidewalk, ride only on the right side of the road, yield to other traffic as required, etc.) are common elements in all dis-

cussions of bicycle safety. Effective Cycling was the training program used by The League of American Bicyclists (back when it was the League of American Wheelmen) until Forester withdrew his permission for its use. Their current program still shares similarities. In contrast, Michael Bluejay points out substantial differences between motor vehicles and bicycles, particularly in the level of risk faced by the drivers of each. Simply following the traffic laws that apply to all vehicles doesn't really address this. Bluejay writes "The dangerous message that [effective cycling] sends is that as long as you follow the law, you'll be safe. Wrong. You can easily get killed while following the law perfectly."

Some Non-NFBC Recreational Cycling Events in August

- August 1, 2012 9:00 pm - August 1, 2012 9:00 pm , Canalside (1 Naval Park Cove)

[Wheel-to-Reel: E.T. The Extra-Terrestrial](#)

Ride on down to the park one more time for a FREE bike-in movie, the last of the 2012 Wheel-to-Reel Summer Film Series. This week's movie, [E.T.: The Extra-Terrestrial](#) (1982). Source: <http://gobikebuffalo.org>

- August 3, 2012 6:00 pm - August 3, 2012 9:00 pm , Allen St - Franklin to Delaware,

[Artists & Cyclists](#)

GO Bike Buffalo and the Allentown Association are encouraging people to walk and bike to First Friday art-walk and Buffalo Infringement Festival events by closing down part of Allen St. to auto traffic and opening it up for cyclists and pedestrians! Source: <http://gobikebuffalo.org>



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NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

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

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

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

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the 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
TOTAL	\$	\$
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

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.

August, 2012

NFBC—We ride every day


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