

NFBC NEWSLETTER

Dates to Remember

- August 3-4, CanAm 2013
- August 9, Fri PM South ride start is moved to Grand Island (see page 5)
- August 10, Party at Swanks'!
- August 25, Club Picnic

Inside this Issue

Ride Schedule	2-4
August Rides of Special Interest	5
Club Trip: Belleville, ON	6-7
NFBC Picnic	8
The Art of Riding in the Rain	9
Membership application	11

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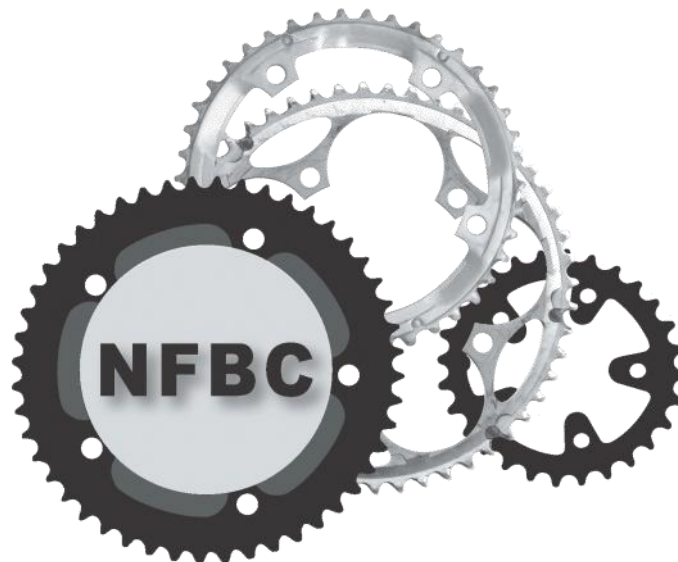
Don't miss it: the 2013 CanAm is Aug 3-4

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 credit card, 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, reduced by \$10 for club members, to cover the costs associated with the event, including the Frank Lloyd Wright Fontana Boat House, parties before and after, commemorative tee shirt, rest stops, and support along the way.



By the way, chosen from a very strong field, the new CanAm tee shirt logo was designed by Mike Dusing's son Andrew Dusing. Thanks Andrew, and thanks to all who entered their designs.

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!





August 2013 (and some September) WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Start Location	Ride Leader
Sat, Aug 03	9:00 AM	380	Greycliff Ride	52/43	Diff/ Mod	2500/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Patrick Danaher 310-8136
Sun, Aug 04	CanAM Rides 100, 62, and 35 mile options. Registration, including a fee, is required for this special NFBC event. You can still register at the website or as a walk-in at either the Saturday evening social or on the day of the ride beginning at 6AM, at the Frank Lloyd Wright Boathouse.							
Sat, Aug 10	10:00 AM	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
Sat, Aug 10	10:00 AM	360	Eden Highlander	38	XD	2500	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
Sun, Aug 11	9:00 AM	737	Wilson Harbor Breeze	35	Easy	450	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Sue Alessi 694-0853
Sun, Aug 11	9:00 AM	256	Silver Springs Switchback	68/31	XXX/ MD	4900/ 2000	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Bradshaw Hovey 857-0906
Sat, Aug 17	9:00 AM	735	Bergen Bakery Ride	44	Mod	810	Elba Central School, 57 S Main St (SR98), 4 miles north of NYS Thruway Exit 48, Elba	TBD
Sat, Aug 17	9:00 AM	310	Triple Bypass / Stress Test	38/36	XXX/ Diff	3500/ 2000	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Patrick Danaher 310-8136
Sun, Aug 18	9:00 AM	724	Pleasant Country Picnic Ride	46/33	Easy	0	Clarence Town Park, Goodrich Rd.	Nancy Sweeny 799-7565
Sun, Aug 18	9:00 AM	285	Let's do some HILLS	51	XXX	3900	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Robert Nowinski 490-0752
Sat, Aug 24	9:00 AM	730	Lower River Rd.	44	Mod	0	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Alex Setlik 692-7045
Sat, Aug 24	9:00 AM	388	Elma East	60/35	Diff/ Mod	2100/ 1100	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 430-1600
Sun, Aug 25	10 AM	390	Elma Meadows Picnic Shorts	25/13	MD/ EZ	500/ 300	Elma Meadows Park, Girdle & Rice Rds	Rich McCarthy 982-0626
Sun, Aug 25	9:00 AM	391	Elma Meadows Picnic Longs	45/34	0	0	Elma Meadows Park, Girdle & Rice Rds	Tim Cleary 807-7174
Sat, Aug 31	9:00 AM	405	Sing n'Scream	43/31	0	0	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Liz Skelton 400-6091
Sat, Aug 31	9:00 AM	402	Sisson Highway	56/36	0	0	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Patrick Danaher 310-8136

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult
XXD = Extra Extra Difficult

WEEKEND RIDE SCHEDULE, Continued

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Start Location	Ride Leader
Sun, Sep 01	9:00 AM	706	East Wilson Express	37/31	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Joe Pizzuto 835-6112
Sun, Sep 01	9:00 AM	86	Ski Country	44/33	XD	2800/2000	Sprague Brooke Park Parking Lot, Foote Rd. (L off Rt. 240, Glenwood, NY)	Carl Mach 685-0832
Mon, Sep 02	9:00 AM	738	Lockport - Rapids	33	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Nancy Sweeny 799-7565
Mon, Sep 02	10:00 AM	328	Kazoo Klassic II	37	MOD	1800	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5	Michelle Smith 627-4352

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	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Michael Crouch, 799-2387
	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	Karen Sprada, 684-9039
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	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
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

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 2013

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	2 Clarence 9AM Amherst 6:30PM Elma 6:30PM	3 Amherst 9AM Greycliff Ride
4 CanAm Rides	5 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	6 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	7 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	8 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	9 Clarence 9AM Amherst 6:30PM Grand Island 6:30PM	10 Amherst 9AM Swank's Party rides
11 Buffalo 9AM Wilson Harbor Breeze Silver Springs Switchback	12 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	13 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	14 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	15 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	16 Clarence 9AM Amherst 6:30PM Elma 6:30PM	17 Amherst 9AM Bergen Bakery Ride Triple bypass/ stress test
18 Buffalo 9AM Pleasant country picnic ride Let's do some hills	19 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	20 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	21 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	22 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	23 Clarence 9AM Amherst 6:30PM Elma 6:30PM	24 Amherst 9AM Lower River Rd. Elma East
25 NFBC Picnic rides @ Elma Meadows	26 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	27 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	28 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	29 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	30 Clarence 9AM Amherst 6:30PM Elma 6:30PM	31 Amherst 9AM Sing 'n Scream Sisson Highway
1 (September) Buffalo 9AM East Wilson Express Ski Country	2 (September) Lockport-Rapids Kazoo Klassic II					

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

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

The NFBC invitational weekend, the CanAm, will be held on **August 3-4**. Register. Ride.

Enjoy. Enough said.

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 by Bruce Kennedy leaves out of the Holiday Inn lot at 6:30 PM on **Friday, August 9**. This ride replaces the Friday night south, Elma Meadows ride this one time.



Don't miss the Swank's Party Ride on Saturday, **August 10**. Details on page 7.

The NFBC Picnic, the premier social event of the riding season, is **Sunday, August 25** at Elma Meadows. See page 6 for details.

The August NFBC weekend ride schedule features a new ride this season, "Sing 'n Scream". It starts at the Lancaster Opera House ("Sing") and loops around Darien Lake Theme Park ("Scream"). The 43-mile long

riders should be able to see the tops of the roller coasters as they spin by. A shorter route of 31 miles takes riders to the Darien Lake State Park, where there is usually not a lot of screaming, unless there's a water fight at the beach. Join us on **Saturday, August 31** in exploring the lovely back roads of Alden-Corfu-Darien in August! Liz

Hi Folks, well for August we have another new ride for the Southtowns Ride of the Month. It was born because of the new macadam (think smooooth) that was finally put down on SR 75, The Sisson Highway, and we will ride it without a turn 20 miles before skirting along Zoar Valley and dropping down into Gowanda! The only real climb is out of Gowanda to go up and around the J. N. Adams Tuberculosis Sanatorium (circa 1910) to see who needs to check in.... Then back again downhill with the wind (really) and nary a turn all the way to our start in Hamburg. So come on out on **Saturday, August 31st** to the STRM! Pat



Club Trip: Belleville, Ontario

By Sue Alessi

26 people made the trip this year to Prince Edward County in Ontario, Canada from July 10-14. This is an area surrounded by Lake Ontario with several quaint towns, beautiful scenery, wineries, and many art shops. We stayed in Belleville, on the mainland just near the Bay Bridge that takes you to this county.

Most arrived early for the 4PM ride on Wednesday. Unfortunately it was very hot and extremely windy. The 29 mile ride took us over the Bay Bridge for a countryside ride along the Bay of Quinte. There was one minor wrong turn on the cue sheet that led us onto a dirt road. Some figured out that it was incorrect as it took them away from the water. Others endured the gravel and added a few extra miles. What we didn't know was that a precedent had been set as you'll read in the upcoming rides.

Thursday brought much cooler air. We did the Sandbanks Provincial Park ride, a beautiful beach on Lake Ontario with white, fine-grained sand and dunes. We drove to Picton, one of the quaint towns, and all started out together. At the round-about we took the first turn, rode 6 miles and realized we were on the wrong road; turned around and found a road to get us to where we were supposed to be, but added a few extra miles. We finally found the beach, stayed awhile to enjoy and take a break. Some went for lunch back in Picton after the ride.

Wellington Bay was Friday's ride. Some left from the hotel for a 49 mile ride and others drove to Ameliasburgh for a 32 mile ride. From the beginning this ride had the wrong cues but adjustments were made immediately and we found our way to the small town of Wellington right on Lake Ontario. A stop at the park had some getting ice cream and others eating their own food. We met at poolside at 4 PM for happy hour and a refreshing dip in the pool or relaxing in the hot tub, but mostly conversation, until we were told by the manager that no food or drink, especially alcohol, was allowed there.

Saturday's ride took us along a strip of land called Adolphus Reach where if you kept the water on your left you were okay, except when trying to get in or out of town. Again some cues were incorrect. I guess what I learned is, it pays to get a detailed map of the area ahead of time. GPS's on phones helped also. The stop here was the County Cider Company. This was a lovely spot on a hill overlooking the lake. You could do cider tastings at the bar and/or have cider and lunch on the patio by the orchards. That afternoon, Bob Ehrheart arranged for some optional entertainment in the town of Picton, at Rita's Parlor. Rita and her accompanist provided an enjoyable two hours of singing and music, along with wine tastings.

Throughout the entire weekend, across the street from our hotel, the International Festival was going on. So as another option, some walked over there for food (mostly ethnic) or for entertainment (rides, boat races, or music at night).

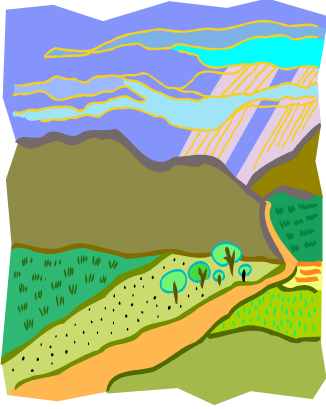
The area had many wineries and art studios to visit during the rides or afterwards. There was even a brewery. The Barley Days Brewery that Bob and I stopped at offered 5 tastings and we even purchased a 6 pack to bring home. For dinner, people went in small groups to various restaurants in Belleville or back to the Prince Edward County to eat at a winery next to the grapevines.

Thanks to Alex Setlik for making the arrangements. This trip had beautiful scenery and plenty of places to explore with lots of good company on the rides, at the pool, in the lobby, and at dinner.



Photos, from top, by Tris Puleo, Brad Russell (2), Sue Alessi. More on next page.

Dick & Kathy Swank's Party Ride



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 10**



More Belleville Photos
by Sue Alessi



The NFBC Picnic

**Sunday, August 25 at
Elma Meadows Park**

Come one, come all to the NFBC Club Picnic, Sunday, August 25 at Elma Meadows Park, 1711 Girdle Road (at Rice Road), in Elma, NY. Your choice of four great rides, followed by a picnic feast and fun with NFBC friends.

All rides start at the main parking lot in front of the clubhouse. Tim Cleary (807-7174) will lead the 45/34 mile rides that start at 9:00 a.m. Rich McCarthy (982-0626) will lead the 25/13 mile rides beginning at 10:00 a.m.

Volunteers will be at the ride start (as well as at the picnic) to collect the \$5 picnic fee that gets your lunch ticket and entry in the after-lunch prize raffle. Hold on to those tickets for both access to lunch and eligibility for the prizes.

After your ride, freshen up in the club house, then drive 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, starting approximately 12:30 p.m. We will stagger serving again as riders come in to alleviate the long lines. The picnic will be held rain or shine in the shelter. There is ample seating, though feel free to bring your own chairs if you wish to sit in the sun. Main entrees, sides, and cold beverages (water, soda, beer, wine) will be provided. Other homemade or purchased food is welcomed.



We will again be holding a best dessert contest, so activate your creative juices for the stiff competition! Prizes will be awarded to the two top winners.

RSVP to Jane Armbruster, arm-bruja@buffalostate.edu by August 10 so we get an estimate of the number attending. Please indicate if you require a special meal (including vegetarian). **See you there!**



The Art of Riding in the Rain

If you bicycle regularly in Western New York you're going to end up riding in the rain, before too long. It might be threatening skies on a Sunday morning ride or an unexpected downpour mid-ride on Wednesday evening. For some of us, it could simply be the desire to ride despite a week of daily rain. If you understand the challenges of riding in rainy conditions, you're more likely to ride safely and comfortably.

TO RIDE OR NOT TO RIDE?

NFBC rides are recreational. We're not commuting to work or racing. We don't live in Seattle. The club schedules the rides, the ride leaders show up to sign us in. It's up to members to decide on their own acceptable riding conditions, and for the most part that's a personal choice. Rides could be cancelled because of extreme weather conditions at the start, but usually they aren't. The bottom line is that you choose whether or not to ride, based on your assessment of safety and comfort concerns.

THE CHALLENGES OF RIDING IN THE RAIN

Things are going to get wet: the road, your brakes, your tires, and you.

- **Go slower than normal.** Wet tires on wet roads will tend to slip, so you have to adjust speed accordingly. Reduce your tire inflation pressure (around 15%) to give a greater contact patch with the road.
- **Brake early and gently.** Tap or feather your brakes gently a few times to dry off the surface of your brake pads and rims, well in advance of where you need to stop. Anticipate a much longer braking time, and don't squeeze the levers too hard.
- **Be careful with balance.** Keep your weight over the wheels. When cornering put weight on the outside pedal to keep the bike in an upright position, and don't corner too fast. Don't stand up or accelerate hard, or your wheels could slip out from under you.
- **Be prepared for flats.** Rain washes more debris on the road and the water will help it stick to your tires. Carry extra tubes, because patches won't stick.
- **Watch the surfaces.** Metal (grates) and paint (traffic markings) are particularly slippery when wet; avoid them. Puddles bring unknown dangers: they might be hiding deep potholes or sharp, tire-puncturing debris; avoid them. At the beginning of a rainfall the water will bring up to the surface motor oil that is in the road itself, forming what is essentially a giant oil slick. Throughout your ride, watch for the rainbow-edged patches and puddles that indicate slippery oil. Motor vehicles will tend to drip the most oil at intersections, so be especially cautious there.
- **Visibility is key.** Motor vehicle drivers' ability to see you is compromised by rain and windshield wipers. You'll need to use bright clothing and lights, to make sure that they can see and avoid you. You also need to protect your eyes with clear lenses, preferably sprayed with a water repellent, to see hazards on the road.
- **Dress for the weather.** There's no question that the right clothing and gear can contribute to your rain riding comfort. Everyone has their favorites in booties, jackets, rain pants, helmet liners, and so on. The topic is too large for an adequate discussion here. It takes trial and error to find what is most comfortable for you. Remember that "waterproof" material for clothing has its drawbacks, in that it can trap heat and sweat inside.

ENJOY RIDING IN THE RAIN!



Niagara Frontier Bicycle Club

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Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



There are currently 410 members of the Niagara Frontier Bicycle Club (as of mid-July).

Welcome to these new NFBC members: Ryan Cimo, John Dixon, Phylis Newman, Harry Newman, Sergei Neznanov, John Noe, Jack Noe, Claire Noe, David Patterson, David Rosenthal, Paul Schaefer, Don Simon, Brian Windschitl

Thanks, Roy

Reminder: Make a difference with your bike—ride for a good cause!



Support causes you believe in, while enjoying a well-supported group ride.

Bike MS: 2013 Southtowns Shuffle, August 10, 2013, Orchard Park, NY
http://bikenyr.nationalmssociety.org/site/PageNavigator/BIKE_NYR_Landing_Page.html

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
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@yahoo.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.

July, 2013

NFBC—We ride every day

Niagara Frontier Bicycle Club
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Wheatfield NY 14120

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