

NFBC NEWSLETTER

Dates to Remember

- Aug. 2, Tris & Bob's Party Ride
- Aug. 8, *Old Grand Island Ride* replaces Friday PM ride
- Aug. 24, NFBC Club Picnic
- Monday, Sept. 1, Kazoo Labor Day Party Ride

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August Ride Highlights

August is shaping up to be the month of parties. The annual NFBC picnic on August 24 is our major club-wide social event during the riding season, and we hope everyone will come on out and enjoy a ride (or not) followed by a great free party with delicious food and libations, raffles, games, and the ever-popular desert contest. This year the party moves to Como Park in Lancaster to provide some more moderate ride options. You must RSVP! See page 5 for details.

And there are more! Tris & Bob Puleo's party on August 2, the reprise of the Old Grand Island Friday night ride on August 8, and for Labor Day, Sept. 1, Joan and Mike Maher will host the Kazoo Party Ride. See page 6 for details.

Lake O Century on August 16, along with metrics and shorts, provides an interesting and scenic route for those interested in a longer ride.

October NFBC elections—are you interested?

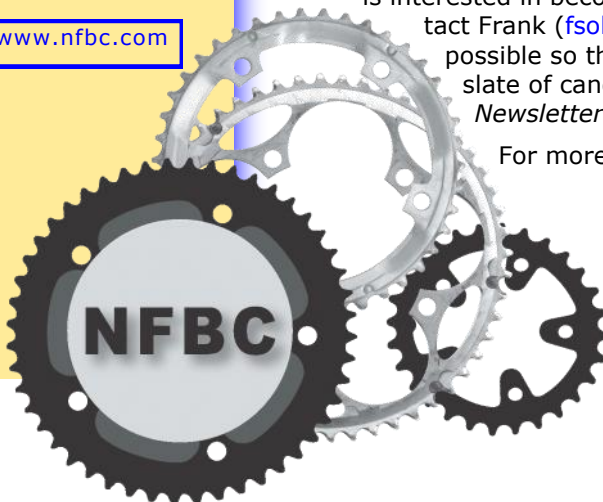
By Linc Blaisdell

The four NFBC officers and five members of the Board of Directors are elected for two-year terms. 2014 is the final year of the current two-year term, so we will have elections for the 2015-2016 terms at our October 17 club meeting.

The procedure for elections is to have a nominating committee of three people—one current Board member and two non-Board members—who meet to select a slate of candidates that will be presented at the election meeting. People who have NOT been selected for the slate may also be nominated at the meeting.

Frank Soltiz will be heading this year's nominating committee. ANYONE who is interested in becoming an NFBC officer or Board member should contact Frank (fsoltiz@aol.com 937-6924, Cell 574-6199) as soon as possible so that the nominating committee can choose this year's slate of candidates. The slate will be announced in the September *Newsletter* along with the time and place of the election meeting.

For more information about NFBC elections, see page 9.



Don't Miss the 2014 NFBC Picnic on August 24!

Read all about it on page 5.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

August 2014 WEEK-END RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Aug 02	8:45/ 9:30 Party	924	Tris and Bob's Party Ride	40/27 37/25	Mod	Probably	Tris and Bob's house, Newton Rd, Orchard Pk	Bob Puleo 649-3427
Sun, Aug 03	9:00	724	Pleasant Country Picnic Ride	46/33	Easy	1104/ 552	Clarence Town Park, Goodrich Rd.	Karen Sprada 684-9039
Sun, Aug 03	9:00	408	Eighty-six It Ride	36/25	XXD/ Diff	3545/ 2101	Springville Parking Lot (Rt. 219 Exp. to Springville. L on Rt. 39. R on Buffalo Rd. to parking lot on Left), Springville	Pat Danaher 310-8136
Fri, Aug 08	6:30	923	Old Friday Grand Island	25	Easy	not much	Hotel On River Road, 100 Whitehaven at E River Rd, Grand Island	Pat Danaher 310-8136
Sat, Aug 09	9:00	727	East Pembroke	43	Mod	1100	E. Pembroke Central School, 2486 Main Rd,, approx. 4.75 miles East of Rt. 77, East Pembroke	Alex Setlik 692-7045
Sat, Aug 09	9:00	384	Two Bottles And A Bush	42/23	Diff/ Mod	2200/ 1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Sun, Aug 10	9:00	749	Wilson - Olcott Express	41	Easy	855	Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	
Sun, Aug 10	9:00	380	Graycliff Ride	52/43	Diff/ Mod	2500/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Dennis Powell 691-6233
Sat, Aug 16	7:00	368	Lake O Century	102	Diff	1527	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Bradshaw Hovey 857-0906
Sat, Aug 16	9:00	369	Lake O Metric & Short	62/30	Mod/ Easy	1102/ 547	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Kathy Karnath 308-6762
Sat, Aug 16	9:00	46	Hills %\$#@* Hills	34/28	XD/MSD	2550	Hamlin Park (south parking lot), S Grove St	Joe Giovenco 834-9153
Sun, Aug 17	9:00	761	East Amherst - Akron Falls	40/30	Easy	601/ 358	Williamsville East H.S., Paradise , off of Klein, E. Amherst	Mohamed Zeid 636-8276
Sun, Aug 17	9:00	86	Ski Country	44/33	XD	2800/ 2000	Sprague Brooke Park Parking Lot, Foote Rd.(L off Rt. 240, Glenwood, NY)	Julie Alsani 474-0622
Sat, Aug 23	9:00	760	Fort Niagara State Park	36/30	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	
Sat, Aug 23	9:00	336	Chicken Little	49/40	XD/mod	3500/ 1500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 310-8136
Sun, Aug 24	9:00 / 10:00 Picnic	407	NFBC Picnic Como Park Picnic Rides	45/48/ 35/22/ 17	Diff//EZ	2085/ 309	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Brenda Fischer 984-1415
Sat, Aug 30	9:00	702	Royalton Ravine	45/34	Easy	632/ 398	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Elena Cala 984-9981
Sat, Aug 30	9:00	748	Bloody Run	44/36	MD/Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Carl Mach 685-0832
Sun, Aug 31	9:00	762	Niagara-Wheatfield Metric	62/45/ 36	Mod/ Easy	1309/ 844/ 725	Errick Rd.School, Errick Rd. off Niagara, Wheatfield	Jim Karnath 316-6249
Sun, Aug 31	9:00	666	Run to the Reservoir	103/66	XXX/ X-D	7000/ 2800	Ellicottville Town Park, Ellicottville, NY	Pat Danaher 310-8136
Mon, Sept 01	10:00 Party	328	Kazoo Klassic II	37	MOD	1800	Evans Elementary School - Sturgeon Pt. Rd. @ Rt. 5	Michelle Smith

DAY OF THE WEEK RIDE SCHEDULE

hyDAY	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	Jim and Kathy Karnath, 688-2968
	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	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	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	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,	9:00 AM in June, July &
Weekday PM Rides	6:00 PM in April	6:30 from May

Thursday Night North. This is a few of the riders still smiling after the ride! Left to right front row: Dave, Victoria, Rich. Back row: Tom and Gerry. Photo from Tom Williams



AUGUST 2014

SUN	MON	TUE	WED	THU	FRI	SAT
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.					1 9 AM Clarence 6:30 PM Elma	2 9 AM Amherst Tris and Bob's Party Ride
3 9 AM Buffalo Pleasant Country Ride Eighty-six It Ride	4 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	5 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	6 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	7 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	8 9 AM Clarence 6:30 PM Old Friday Grand Island Ride	9 9 AM Amherst East Pembroke Two Bottles and a Bush
10 9 AM Buffalo Wilson-Olcott Express Graycliff Ride	11 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	12 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	13 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	14 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	15 9 AM Clarence 6:30 PM Elma	16 9 AM Amherst Lake O Century, Metric and short Hills %#@* Hills
17 9 AM Buffalo E. Amherst to Akron Falls Ski Country	18 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	19 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	20 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	21 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	22 9 AM Clarence 6:30 PM Elma	23 9 AM Amherst Fort Niagara State Park Chicken Little
24 NFBC Picnic Rides	25 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	26 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	27 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	28 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	29 9 AM Clarence 6:30 PM Elma	30 9 AM Amherst Royalton Ravine Bloody Run
31 9 AM Buffalo Niagara-Wheatfield Metric Run to the Reservoir	1 Kazoo Klassic II Party Ride					

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!

The social event of the biking season is here:

The NFBC Picnic

**Sunday, August 24 at
Como Park (pavilion)**

—Your choice of 6(!) new rides, followed by a picnic feast and fun with NFBC friends

—Lunch will be staggered as riders arrive; we'll begin serving no earlier than noon

—Ample seating, but bring your own chair if you wish to sit in the sun

—Main entrees, sides, and cold beverages (water, soda, beer, wine) will be provided

—The dessert contest is on again this year—so start your ovens! Prizes will be awarded to the two top winners

—New this year, the move to Como Park allows for some flatter ride options.

At 9:00 AM you will have a choice of a long ride of about 45 miles with or without hills or a shorter option of 35 miles with or without the hills. For those members wishing to get up a little later, we have a 10:00 AM start going 17 flat or 22 almost flat miles

Como Park Picnic Ride Long (45 miles with 2085 feet of climb)

Como Park Picnic – No Bears (48 miles with 1123 feet of climb)

Como Park Picnic Ride Mid (34 miles with 1345 feet of climb)

Como Park Picnic –Flatlander's Mid (35 miles with 695 feet of climb)

Como Part Short (22 miles 393 feet of climb)

Como Park Short and Sweet (17 miles with 309 feet of climb)

—There will be *no charge* again this year but members **MUST RSVP by Aug 15 so Jane can order food. Indicate food restrictions too. Along with RSVPs, please indicate if you can bring coolers **WITH ICE** to drop off before the ride, since there is no refrigeration at the pavilion and we will have food and beverages that need to be kept cold. As always, we need volunteers to help out**

—Contact Jane at 688-3943 / [janearmbruster@gmail](mailto:janearmbruster@gmail.com) to RSVP, volunteer, and bring your ice cooler

Thanks!



Tris & Bob Puleo's Party Ride

Multiple choice ride, something for everyone. Four Options with new hill ride 27-mile cut-off. Come on out and take your pick! Bring a dish, bring a chair! Hope to see you there!

<u>MILES</u>	<u>RIDE</u>	<u>STARTS @</u>	<u>ELEV</u>
27 & 40 Mile	COLE 240	8:45 AM	1,950 ft.
25 & 37 Mile	REACH THE BEACH	9:30 AM	1,200 ft.

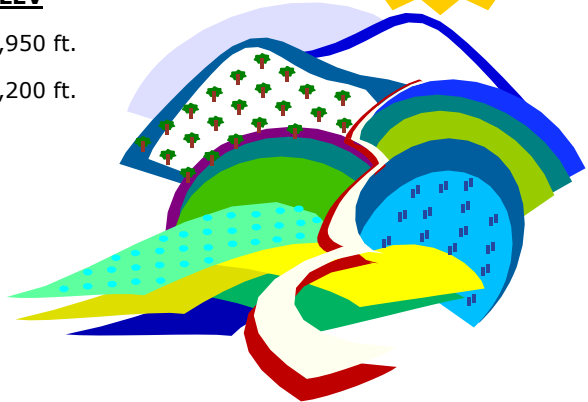
Party at 12:00 PM Rain or Shine.

5125 Newton Rd. Orchard Park, 649-3427

DIRECTIONS to 5125 Newton Rd.

Take I-90 West to Rt. 219 S, past Rt. 20A to Armor Duells Exit,
L @ Armor Duells,
L @ S. Abbott (just before Stop Light),
R @ Newton to 1st house on Left (Park off road)

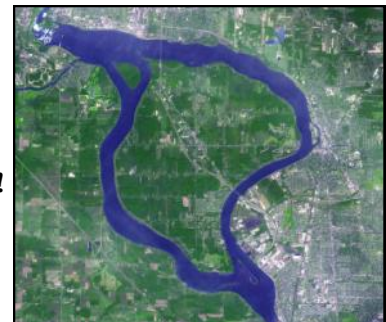
**Saturday
August 2**



Join us for the 2014 reprise of an NFBC tradition

Friday Night Grand Island TGIF Ride—Aug.8, 6:30 PM

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 hotel parking lot at 6:30 PM. The hotel is now Byblos Niagara Resort and Spa (formerly the Holiday Inn). This ride replaces the Friday night south, Elma Meadows ride this one time.



KAZOO PARTY RIDE—LABOR DAY, Monday Sept. 1

Labor Day is traditionally the Kazoo Ride day and we have had a party afterwards at Joan and Mike Maher's place in Lake View for the last two years. This year it is an *Official Party Ride* and we want to make sure everyone is aware of it and comes out and has a great time. Please bring some chairs. **Directions to the party will be provided at the ride start.**

The Kazoo Ride is a fun ride with moderate terrain. It starts at the Evans Senior Center at the Corner of Erie Road (Route 5) and Sturgeon Point Road at 10:00 AM.

Syracuse/Finger Lakes Club Trip, July 2-6

By Cindy Adams

The Syracuse club trip, July 2-6, reminded me that you don't have to travel far from Buffalo to view some of the most beautiful countryside, and experience great biking. The scheduled rides consisted of a mix of gently rolling hills, moderate climbs, lovely lake meanders, and even an historical ride past the farm of Joseph Smith, the founder of Mormonism. Throughout the 5 days of riding the group stayed together, and thanks to a few minor tweaks to the queue sheet prior to the ride, no one got lost!

My favorite ride was the Skaneateles Lake route. It was a gorgeous day as we rode past old county farms, beautifully framed by wildflowers, cozy lake front cottages, and spectacular lake overlooks. However, this ride was not without challenges; such as, the .6 mile climb as Churchill Road, with a 16% grade incline. Needless to say...we all walked up the hill, convincing ourselves it was to our benefit to consider this cross training. After the ride, the group shopped in town, and some of us had a picnic lunch by the lake while watching people swim, paddleboard, and sail.

Thanks to Alex, the hotel accommodations were very good, with nice size rooms, conveniently located restaurants, a large mall, and nearby quaint towns to explore. Most evenings the entire group dined together, feasting on a range of cuisine, and enjoying each other's company. I think everyone would agree that their favorite dinner was at the **Pastabilities Restaurant**, a wonderful Italian restaurant with a fun metro atmosphere, located in Syracuse's armory district. We also enjoyed an impromptu wine and cheese party one afternoon by the pool side.

If you are sorry you missed this trip, you should be, but don't worry...Alex is already planning next years' Finger Lakes trip.

Photos by Lori Harf and Janice Cochran



Batavia Mumford Club Trip, July 18-20

By Jean Frederick

Fourteen riders (and 2 sag drivers, Lynn and Paula) enjoyed the special camaraderie of a touring bicycle trip. We left our combustion engines behind on Friday at the UB north campus and cycled east to a "back in time" adventure.

The first stop included a private tour of Akron's famous 19th century octagon house followed by lunch at an NFBC favorite, "Mary's Good and Plenty". Then we were on to Batavia in time for us to socialize at the pool and enjoy refreshments before dinner. That evening the sag wagon and drivers shuttled us to Jackson Square in downtown Batavia where people listened to live music and dined in one of the nearby restaurants.

Saturday morning after a hotel breakfast we headed to Mumford for the Genesee Country Museum and Village. The route varied from gently rolling to flat, and took us through beautiful natural areas and farmland. Tom had arranged for a group rate admission, and accommodation for the bicycles at the museum. We were free to explore the museum and village on our own, wandering through buildings on narrow paths, and to enjoy the day's highlight, a Civil War battle re-enactment at full volume. Our group dispersed into smaller cohorts and wandered the village touring the homes and shops. Later in the afternoon the re-enactors launched a second battle that was staged throughout the village. We did encounter some rain on the ride back to Batavia, but "cleaned up good" and enjoyed our dinners at Alex's.

On Sunday morning the rain stopped in time for a dry start back to Buffalo after breakfast. Thanks so much to Tom Barone for organizing another great trip, and his capable assistants Mike Dusing, Lynn Dusing, and Paula Jack for all their help.

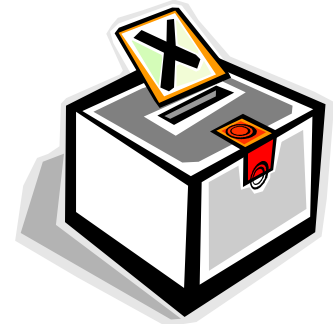
Photos by Brad Russell



NFBC Nominating Committee Selection Process Guidelines

These are the guidelines that our club follows for each biennial election. It is reprinted here for clarity as we approach the October election.

- The President selects 3 people to serve on the nominating committee. One person is from the Board of Directors and the other 2 people are NFBC members not currently serving on the Board.
- The nominating committee's goal is to nominate NFBC members to fill open positions on the Board. Positions include: President, Vice-President, Treasurer, Secretary, and 5 other Board members.
- The nominating committee may have a meeting(s) to discuss their action plan, or may communicate via email or phone, whatever is most convenient for the group.
- Typically the nominating committee nominates 1 person per open position, but this is not required.
- The nominating committee may nominate replacements for current board members not voluntarily resigning their positions at the end of the year, although this has not been the precedent.
- It is suggested that the committee consider the balance on the board so that all subgroups are represented as best as possible: i.e., male/female, northtowns/southtowns residents, slower/faster riders, and newer/longtime members.
- The nominating committee approaches candidates to determine their interest in serving on the Board, or interested members may initiate the contact with the committee.
- The committee members consider the pool of all interested candidates and, after discussion within the committee, select the candidates they believe would best represent the club. The committee does not necessarily have to nominate those candidates with whom it had the earliest discussions.
- The slate of candidates should be published in the *Newsletter* prior to the fall general meeting. Be aware of the deadline to submit information for publication in the Newsletter. (Check with the Newsletter editor for deadline date.)
- The slate of candidates is presented at the general meeting and voted upon by the members. Nominations may be taken from the floor at the general meeting. Members may nominate themselves.



Ride for Roswell

The NFBC team in the Ride for Roswell raised over \$6000 (donations are still being counted) to support Roswell Park Cancer Institute in its mission. Thank you to NFBC team members Linc Blaisdell, Michael Dupre, Mike and Brenda Fischer, David Gonzalez, Rick Hanes, Michael Hayes, Michael Kazinski, Peter Mazurowski, Mike Morissey, Ron Penton, Paul Rossi, Laurie Shaw, Kenneth Tocha, Bernadette Tomaselli, and Keith Udut for representing NFBC in this effort! Thanks also to the many more NFBC members who participated in the ride, either individually or as members of other teams.

(photo at right from nfb.com)



phillipmartin.info

Niagara Frontier Bicycle Club

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Roy's Membership Update



By Roy Tocha, NFBC Membership Chairperson

There are 446 members in the club as of July 20th. They are in 367 households. 123 members are new to the club.

Welcome new members (Alphabetical order)

Michelle Adams, Jennifer Adolf, Beth Aquino, Julie Baginski, Jonathan Baginski, James Baginski, Katherine Baginski, Dennis Baginski, Justin Baird, Jim Bevans, Anthony Billoni, Gabriel Blanchard, Isabelle Blanchard, Noreen Blanchard, Jay Blanchard, Daniel Brudz, John Bullock, Adam Cannavo, Linda Chirico, Angelo Ciccarelli, Sharon Cronenberg, Marie Curran, Kathie DiGiore, Donald Dimitroff, Cindy Dominske, Stephen Downing, Marie Drake, Noah Dreher, Al Dreher, David Dunkle, Kathleen Dusing, Paula Eastman, John Ficara, Ronald Fimbel, William Flack, Tammy Forbes, James Galbo, Deb Gibson, Mara Gilmartin, Finn Gilmartin, Shannon Gilmartin, Caitlyn Gilmartin, David Goldbach, Jody Green, Bruce Haydon, Michael Hayes, Charles Heinrich, Mary Hoffman, John Hoffmann, Nancy Holzerland, Laura Hopkins, David Hummel, Michal Jacyna, John Jansen, Adam Joseph Kessler, Robert Klinko, Fred Kobler, Mary Ann Kotusiak, Robert Kozlowski, Russell Krienbuhl, Michele Krienbuhl, Bob Krug, Nancy Krzyzanowski, John Krzyzanowski, Sarah LaRocque, Eric Lee, Kyeung Lee, Scott Lee, Aaron Luczak, Keith Lukasik, Margaret Lynch, Mary Maciejewski, Gary Maciejewski, Susan Maguire, Jeff Mcgiveron, Eugene Melnyk, Lori Morrison, Armand Morrison, John Mosychuk, Mark Muffoletto, Amy Murray, Sandra Nadrowski, Samantha Nelson, Rachel Nowak, Molly O'Connor, Becca O'Connor, Maggie O'Connor, Nicholas Papagni, Paul Perrello, Mark Perry, Deb Persia, Paul Persia, Jerry Reger, Karen Reger, Michael Richards, Louis Rizzo, Bridget Roberts, Thomas Robinson, Victoria Rodriguez, Christopher Salisbury, Brian Sayers, Karl Schmidt, Scott Smith, Todd Snider, Paul State, Phillip Stevens, Tammy Stevens, Gary Talboys, Brent Thurn, Lisa Tierney, Dean Tomlinson, Paul Treharne, Michelle Wagner, Jon Weiss, Judy Weitz, Lee Weitz, Rob Westby, Aaron White, Betsy White, Tim Williams, Louise Woyshner, Roseanne Wukovits, Mike Young, Michelle Young.

Make a difference with your bike-ride for a good cause!



Bike MS Southtowns Shuffle

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1st time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP)

Learn more/Register: <http://bikenyr.nationalmssociety.org/site/TR/Bike/>

[NYRBikeEvents?fr_id=23846&pg=entry](http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry)

Phone Contact: (800) 344-4867 x 70332

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



3687 WALDEN AVE. LANCASTER, NY 14086 716.651.9995

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SPECIALIZED   

MON: 10-8 TUES: 10-8 WED: 10-6 THURS: 10-8 FRI: 10-6 SAT: 10-6

Campus

wheelworks

— Let the Ride Decide —

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