

NFBC NEWSLETTER

Dates to Remember

- Aug 8 Swank's Party
- Aug 15 Lake O Century Rides
- Aug 29 NFBC Club Picnic
- Sep 7 Labor Day Kazoo Klassic

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NFBC Summer of Fun Continues

- Thanks to the efforts of Cindy Adams, the NFBC Club Trip in the Finger Lakes, originally proposed by Alex Setlik, was a huge success. Check out write-ups and pictures from Linc Blaisdell and Sophie Knab inside. Linc's offering talks about the convivial atmosphere of a club trip, the enjoyment of good company, good food and good spirits and how that more than made up for the discomfort of rain on the first day's ride. Sophie's submission tells us a little more about the riding experience, the scenery, some landmarks that the rides went past and the thrill of a hill (or not). Both pay tribute to someone who really put a lot of effort in making it a pleasant experience for all in attendance.
- Linc Blaisdell held his Orienteering Party Ride on July 25. Weather threatened in the early morning but turned gorgeous for the ride and party. Partakers of the orienteering part of the ride had a great time with the good natured competition. Linc and Millie's dual options of their famous pulled pork is always a big hit. Inside are a couple of pictures from the party.
- Coming up this month, Dick and Kathy Swank will have their Eden Corn Festival ride and party. Look for the details within.
- The NFBC Club Picnic will, again, be held in Como Park. Jack Rimlinger is chair of this event this year. His invitation and a call for help are inside these pages.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

AUGUST 2015 WEEKEND RIDE SCHEDULE

DATE	TIME	RIDE #	RIDE NAME	MILES	RATING	ELEV	LOCATION	RIDE LEADER
Sat, Aug 01	9:00AM	781	Seneca Smoker	45/31	Mod/EZ/EZ	1160/720	Clarence Middle School, Greiner at Strickler	RIDE LEADER NEEDED
Sat, Aug 01	9:00AM	380	Greycliff Ride	52 / 43	Diff/ Mod	2500/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Carl Mach 685-0832
Sun, Aug 02	9:00AM	727	East Pembroke	43	Mod	1100	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	RIDE LEADER NEEDED
Sun, Aug 02	9:00AM	388	Elma East	60/35	Diff/Mod	2100/1100	Elma Meadows Park, Girdle & Rice Rds	Bradshaw Hovey 857-0906
Sat, Aug 08	9:00AM	724	Pleasant Country Picnic Ride	46 / 36 / 33 / 26	Easy	0	Clarence Town Park, Goodrich Rd.	RIDE LEADER NEEDED
Sat, Aug 08	10:00AM	360	Eden Highlander	38	XD	2500	Swank's Place, 2947 E. Church, Eden, NY I-90 to Exit - 57A(Eden-Angola), L onto	Dick Swank 992-2404
Sat, Aug 08	10:00AM	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	Dick Swank 992-2404
Sun, Aug 09	9:00AM	749	Wilson - Olcott Express	41	Easy	0	Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	RIDE LEADER NEEDED
Sun, Aug 09	9:00AM	333	Run to Randolph	56	Diff	3200	Ellicottville Town Park, Ellicottville, NY	Loren Danaher 430-1600
Sat, Aug 15	7:00AM	368	Lake O Century	102	Diff	860	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	RIDE LEADER NEEDED
Sat, Aug 15	9:00AM	369	Lake O Metric & Short	62 / 30	Mod/Easy	30	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	RIDE LEADER NEEDED
Sat, Aug 15	9:00AM	227	Boston Baked Buns	57	XXX	3500	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
Sun, Aug 16	9:00AM	761	East Amherst - Akron Falls	40 / 30	Easy	0	Williamsville East H.S., Paradise , off of Klein, E. Amherst	RIDE LEADER NEEDED
Sun, Aug 16	9:00AM	416	Kaiser Roll	43/28	XD/Diff	3100/ ?	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Aug 22	9:00AM	760	Fort Niagara State Park	36 / 30	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	RIDE LEADER NEEDED
Sat, Aug 22	9:00AM	288	To Hill and Back	51 / 38	XD/Diff	3020 / 1800	Hamlin Park (south parking lot), S Grove St	Bill Harrington 949-5510
Sun, Aug 23	9:00AM	702	Royalton Ravine	45 / 34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	RIDE LEADER NEEDED
Sun, Aug 23	10:00AM	258	Conesus Lake to Fowlerville	46/ 30	XD	2300/1500	SUNY Geneseo Lot A, Main St. (SR39) in Geneseo onto University, Parking Lot A on left.	Charles Grammer 886-4513
Sat, Aug 29	9:00AM	407	Como Park Picnic Rides	48/45/35	Diff/Mod/Mod	1800/1300/1200	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	RIDE LEADER NEEDED
Sat, Aug 29	10:00AM	407	Como Park Picnic Rides	22/17	Easy/Easy	400/300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	RIDE LEADER NEEDED
Sun, Aug 30	9:00AM	762	Niagara-Wheatfield Metric	62/45/36	Mod/Easy	0	Errick Rd.School, Errick Rd. off Niagara, Wheatfield	RIDE LEADER NEEDED
Sun, Aug 30	9:00AM	285	Let's do some HILLS	51	XXX	3900	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult
 XXX = 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	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Joe Pizzuto 982-4142
	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 Bob Silkes 688-6246
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)	
Weekday AM Rides	10:00 AM in April, May,	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

AUGUST 2015

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9 AM Amherst Seneca Smoker Greycliff Ride
2 9 AM Buffalo East Pembroke Elma East	3 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	4 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	5 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	6 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	7 9 AM Clarence 6:30 PM Elma	8 9 AM Amherst Pleasant Country Picnic Ride Swank's Party
9 9 AM Buffalo Wilson-Olcott Express Run to Randolph	10 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	11 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	12 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	13 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	14 9 AM Clarence 6:30 PM Elma	15 9 AM Amherst Lake O Rides Boston Baked Buns
16 9 AM Buffalo E. Amherst-Akron Kaiser Roll	17 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	18 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	19 9 AM Orchard Park 6:30 PM Clarence 6:30 PM The Ridge	20 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	21 9 AM Clarence 6:30 Old Grand Island Ride	22 9 AM Amherst Fort Niagara S.P. To Hill and Back
23 9 AM Buffalo Royalton Ravine Conesus Lake to Fowlerville	24 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	25 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	26 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	27 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	28 9 AM Clarence 6:30 PM Elma	29 NFBC Picnic at Como Park
30 9 AM Buffalo Niag-Wheatfield Met Let's Do Some HILLS	31 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora					

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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 powell.dennis.j@gmail.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 Annual NFBC Club Picnic at Como Park - Aug 29

Save the Date!
Rain or Shine!
Ride or Not!
The Party is ON!

The NFBC club Picnic is Saturday August 29th at Como Park Pavilion. Great Rides, Great Food & Drinks and Great Fun!

- Your choice of 6 different rides, followed by a picnic with all your NFBC friends. (See the NFBC club schedule for each of the 6 rides offered, we have a ride for you)

- Lunch will be served beginning at noon. Main entries, sides and cold beverages, (water, soda, beer, wine) will be provided.

- Whip it Up! The Great Dessert Contest will continue again this year. Prizes will be awarded to the top 3 winners. (I couldn't help myself, I went to the Stones Concert and wrote this article the next day) Get your favorite dessert recipe ready for the big event!

- **RSVP Required!** There will be no charge again this year for club members but please RSVP to - Jack Rimlinger, I prefer an e-mail or text (or phone). My e-mail is jackrim49er@gmail.com, or text to 716-741-8512 or phone.

- **Ice/Coolers Needed**, since the pavilion does not have any refrigeration, I am looking for individuals to bring a cooler **with ice**. Please let me know when you RSVP.

- Games, if anyone has and can bring Cornhole (bean bag toss) Game, or other games that we can play, please bring them along. The Pavilion has a lot of open area.

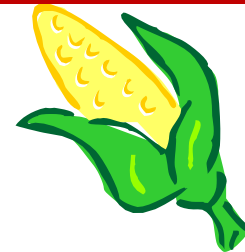
- Chairs, the Pavilion has a lot of park tables and benches, if you would rather have a chair or sit in the sun, bring your chairs along.

- Volunteers are always needed, please contact me if you can help out.

See you at Como Park - Saturday August 29th!



Dick and Kathy Swank's Eden Cornfest Party Ride



The Date: Saturday, August 8

The Rides: The Lowlander features 29 and 18 mile versions, mostly flat and easy. The Highlander is a hilly 38 miles of XD difficulty. Both go through the beautiful farm country surrounding Eden. **Start time is 10am for both rides.**

The Party: It's Corn Fest time of year. The Swanks will have sweet corn available. Bring a dish to pass, beverage and lawn chairs. Non riders are welcome to the party. **Party start time is about noon.**

Directions: Take I-90 to exit 57A (Eden/Angola), left onto Eden-Evans Center. This will change to W. Church St. Cross SR-62 to E. Church St. to #2947 on right. It is about 800 feet up the lane to the house.

Remember to feed the kitty - ed.

NFBC CLUB TRIP REPORTS

Club Trip Report by Linc Blaisdell

The 33 people who went on the Waterloo-Seneca Falls trip had a great five days - well, a great FOUR days: the 34 miles with rain from beginning to end on Day 1 wasn't my idea of fun. Ed Knab claimed to like it though. Too bad because even through wet lenses I could see that it was beautiful countryside. Actually, Cindy Adams kind of eased the pain of that ride by suggesting Captain Jack's as a place to get a nice lunch. A bunch of us had superb burgers and some great beer from their huge selection. Soon the rain was forgotten.

Cindy can claim the major credit for this being such a fabulous cycling vacation. While Alex had proposed the trip, established contact with the hotel, and suggested the rides, Cindy actually drove all of the rides after Fred Talmud worked out the cues from his computer. She did find that there were errors that needed correcting, and consequently, we had one of the few trips that I have been on where the cues were completely correct so that people didn't get lost.

She also arranged a wine and cheese party in her room with lots of help from people who brought things and helped with purchases. We did drink a toast to Alex at that party. And she planned a picnic lunch on the lake after one of the rides. Again, many people helped, the most obvious of whom were Paul Sprada and Bob Alessi who did the bulk of the cooking and Sue Alessi among too many other people to mention individually helping to organize things under the shelter.

While the wine and cheese party and the lakeside picnic were group social highlights of the trip, the rides themselves were fabulous. We had gorgeous scenery with views of Seneca Lake and Cayuga Lake, beautiful sweeping views of the rolling countryside, and charming houses and villages along the way. Four days of glorious weather made it especially delightful.

People did lots of fun things in small groups after the rides, too. Lounging by the pool was very popular, and people took advantage of the shopping and the wineries in the area. I heard people raving about wine slushies, in particular. A bunch of us visited the Zugibe Vineyards that we had passed on one of the rides. We had wine tasting to sample their product and then purchased plates of their Middle Eastern food along with a bottle of wine on their porch overlooking the lake.



Club Trip Report by Sophie Knab

Kudos to Cindy Adams for organizing a great bike trip to the Finger Lakes Region! When events and activities move along in a seemingly effortless way, you know there was a ton of preparation and work done before and during the actual event. Thank you so much Cindy! But no matter how much preparation Cindy invested in the trip, she couldn't control the weather! The trip started, literally, under a cloud. Wheels started rolling promptly at 11 am on Thursday from Sodus Point Beach Park but don't you know - after a less than a mile it started to rain. Some people turned back and sought consolation for a lost ride opportunity by hitting the wineries. Sensible people. Some believed that it would clear, that the sun would emerge and all would be well. Not so much sensible, but undaunted. At the top of a hill where the riders stopped to ponder their next move (and wipe their glasses), Mike Dusing, nominated on the spot as Most Enthusiastic Rider in the Rain by Deanna Talmud, voiced his opinion. "We're completely soaked already, why stop now?" (What do you say to that? Please, Toto, I want to go home?) And in some kooky and incomprehensible way, riding the 34 miles in the rain

managed to provided a sense of satisfaction as well as shoes that squished out water with each step and lots of sand in unmentionable places. (But please, Mike, don't ask us to repeat this again real soon).

Maybe the rain gods were appeased with the extent of suffering, because after that, every day dawned sunny and warm. On Friday the shores of Cayuga Lake gave riders some great hills to climb and spectacular views of the lake. We witnessed Amish farmers struggling to till their land with old-fashioned plow and horses while the womenfolk had clothes drying on lines that reached almost to the top of the silos. There were sheep pens and horse farms and fields of corn and alfalfa stretching as far as the eye could see. Seeing such abundance, such beauty while tooling along on your bike, was it possible to be any happier? Hard to believe, but yes. I guess that's why they call it happy hour! It was an opportunity for the entire gang to relax and mingle and discuss what? Biking, of course!! Thank you Cindy for making it happen.

Saturday, the third day into the trip, took everyone to Union Springs with a long, long climb along the other side of Cayuga Lake past stately homes and small cottages and the beautiful rolling lawns of Wells College, founded by Henry Wells of Wells and Fargo fame. There were hop farms and cabbage fields and the roadside a riot of color with daylilies, sweet pea and brown-eyed susan's. The shoulders were wide, the sun was shining and the long downhill took us right back to Frontenac Park for a picnic with fresh fruit and vegetables and hot dogs that we gobbled up in no time. There were walks along the beach and the opportunity to swim in the lake. And later, a nap back at

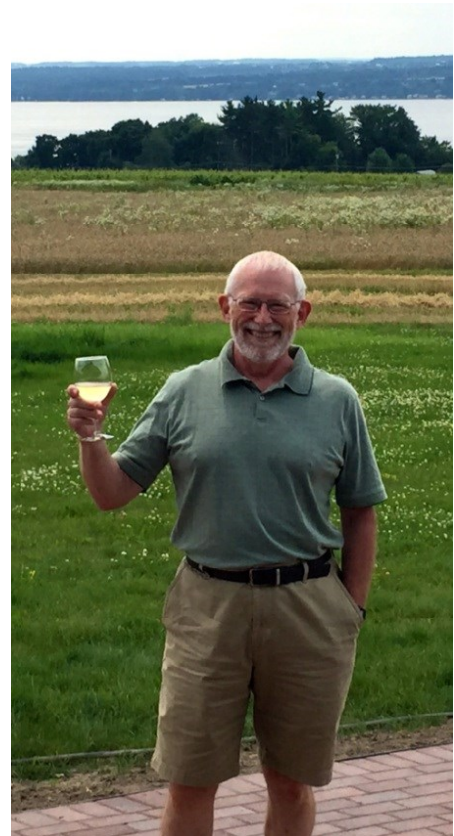
the hotel.

Sunday and Monday were no less exciting. It's hard to say which day was best. What could be the determining factor? Was it the wine slushies at Swedish Hill Winery? Was it watching Karen Sprada, she of the "I hate hills," and "I don't want to do any hills" mantra, pass us on the steepest climb of the day? Was it the sleepy little towns where the stars and stripes fluttered in the breeze with people standing outside of church? The excitement of seeing cobblestone houses? Or Victorian homes that had once housed horse and carriage? The clapping received from the crowd who thought we were part of the triathlon? That was sweet! Each day of the trip unfurled just perfectly. Everyone completed their rides safely. We rode, we sweated, and every evening there were different restaurants to experience. Some new acquaintances were made, old friendships were renewed and frequently, frequently there was the remembrance of riders past. Pax, Alex and Tom.





**SMILING FACES
FROM THE CLUB
TRIP TO THE
FINGER LAKES**



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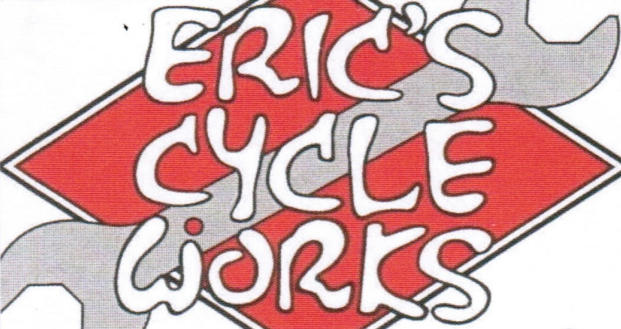


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Campus
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— Let the Ride Decide —

Scenes from Linc's Party



Pat and Loren, winners of 40-mile orienteering prize.



Ron Penton says web design is thirsty work.

Niagara Frontier Bicycle Club

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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 not 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
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.

August 2015

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

