

# NFBC NEWSLETTER

## Dates to Remember

- Aug. 5, 6 - Can Am Rides
- Aug. 12 - Swank's party ride
- Aug. 13 - Lake O century
- Aug. 27 - Club Picnic

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



August starts out with the Can Am weekend of rides and finishes off with the Club Picnic. In between is a party ride, a century ride, and a bunch of other great rides.

The board had a special summer meeting. The minutes of that meeting are inside this issue. Included is the Treasurer's report that was submitted during that meeting. Be sure to check out what's going on with your club.

There are a lot of new members in the club. To all of you, we're glad to have you along. We hope you're finding rides that suit your particular style.

Note, for this year, we have a new Membership Chair who is also getting used to a new way to track memberships. There have been glitches, such as folks not getting their rider membership number, for instance. Please be patient as we work through the bugs in the new system.

There's still plenty of summer left, so get out there and enjoy it on your bike.

## Special Ride Start for August 8 Morning Ride

The Tuesday Morning Ride that normally starts at Ellicott Creek Park will start at Old Man River, 375 Niagara Street, Tonawanda on August 8. The special ride start is to explore a little different area on the bike and to enjoy a lunch after the ride at Old Man River.

## Special Ride Start for Tuesday Evening Rides

Note that Tuesday Evening Rides, normally starting at West Canal Park, will be starting from the Pendleton Town Hall on Campbell Blvd. between Bear Ridge and Beach Ridge roads during the month of August. They will return to the West Canal start location in September.



**NIAGARA FRONTIER**  
**BICYCLE CLUB, INC.**  
*We Ride Every Day*

# August 2017 WEEK-END RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Aug 05	9:00 AM	361	Bill's Training Ride	30 / 16	Easy	0	Buffalo Niagara Heritage Village, 3755 Tonawanda Creek at New Rd, Amherst	
Sat, Aug 05	10:00 AM	380	Greycliff Ride	52/ 43/ 34	Dif / Mod/ EZ	2600/ 1400/ 1400	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sun, Aug 06	<b>CAN AM RIDES</b>							
Sat, Aug 12	9:00 AM	749	Wilson - Olcott Express	41 /	Easy		Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	
Sat, Aug 12	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	Richard Swank 992-2404
Sat, Aug 12	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	Richard Swank 992-2404
Sun, Aug 13	8:00 AM	368	Lake O Century	102 /	Diff	860	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Richard Amantia 983-8941
Sun, Aug 13	9:00 AM	369	Lake O Metric & Short	62 / 30	Mod / Easy	30	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Betsy Dexheimer 585-343-5172
Sun, Aug 13	9:00 AM	416	The Kaiser Roll	42 / 28	Diff/ MOD	3100/ 1700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Michael Mienev 566-8909
Sat, Aug 19	9:00 AM	702	Royalton Ravine	45 / 34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	
Sat, Aug 19	9:00 AM	288	To Hill and Back	51 / 38	XD / Dif	3020 / 1800	Hamlin Park (south parking lot), S Grove St	Bradshaw Hovey 857-0906
Sun, Aug 20	9:00 AM	422	Karnath Ride 2	44/ 37/ 28/ 19	MOD/ EZ	TBD	Pendleton Town Hall, Campbell Blvd., between Bear Ridge and Beach Ridge Rds., Pendleton	Jim Karnath 316-6249
Sun, Aug 20	9:00 AM	152	A-A Protest Ride	73/ 51	XXD / Dif	5800/ 3600	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St.	Ron Wakefield 983-4290
Sat, Aug 26	9:00 AM	775	Leroy Avon Tour	46/ 37/ 26	Mod / Easy	0	Public Parking behind McDonald's, Main St. (Rt. 5), Le Roy	Liz Skelton 400-6091
Sat, Aug 26	9:00 AM	285	Let's do some HILLS	51 /	XXD	3900	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Charles Grammer 713-1469
Sun, Aug 27	9:00 AM	407	Como Park No Bears	0	0	0	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	
Sun, Aug 27	10:00 AM	406	Como Park Short Rides	0	0	0	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Betsy Dexheimer 585-343-5172

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

## DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
<b>Tuesday</b>	AM	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Joe Pizzuto 982-4142
	PM	Pendleton Town Hall, Campbell Blvd between Bear Ridge and Beach Ridge Rds., Pendleton	Jim and Kathy Karnath, 860-9039
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	Frank Soltiz, 937-6924
<b>Thursday</b>	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	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
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase 632-5636
<b>Sunday</b>	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.

Minutes NFCB Board Meeting

25JUN2017

**Board Members Present:**

Liz Skelton, Kathy Karnath, Dennis Powell, Michele Smith, Jen Adolf, Michelle Bates, Rob Nowinski, Cindy Adams

**Board Members Absent:**

Jack Rimlinger, Joe Pizzuto, Brenda Fischer

Discussion of what club insurance covers - GoBike events? - Jen asked how we have proof of insurance when people register online; it was confirmed that the electronic signature on waiver which is required for membership indicates insurance coverage.

Amherst Church of Christ Bike Rodeo sponsor request 6/8 email - Rob responded this week with a decline. Similar request from Town of Tonawanda for an event on 8/5 (which is the Can-Am weekend); Rob will send info to the club membership via Yahoo, and respond to the email.

Discussion of what is appropriate to be included/promoted on the NFBC website/newsletter. It was agreed that non-club events may be announced/listed/mentioned for member information only.

Discussion of adding a New Member info tab on the website. Rob will send the Board a draft of the new member info he thinks should be included there. The Board will respond with comments and then Rob will ask Ron Penton to add the new tab to the website.

Discussion of minors (younger than 18) riding with the club. The current by-laws say parents must accompany and be responsible for minors. This info will be added to the New Member tab discussed above.

Discussion of adding a Ride Leader tab. Kathy suggested the titles Ride Facilitator or Ride Registrar as a title instead of Ride Leader. Dennis suggested Ride Coordinator. Ride Administrator? Motion to change to Ride Registrar, not passed. We will stay with Ride Leader for now. We already have a hand-out with info for Ride Leaders; that information will be posted on the new Ride Leader tab on the website. Rob will provide the necessary information to Ron Penton.

Discussion of the future of the newsletter; Dennis Powell will not continue as newsletter editor after December of this year. Dennis will contact Ron to find out what capabilities exist on the website might replace the paper and electronic newsletter as it exists today. The club by-laws will have to be changed when the newsletter is transferred to the web.

Dennis will help Michele understand how to help new members to get enrolled in the club Yahoo email list. Dennis suggests a yearly clean sweep of the Yahoo distribution list; as a part of annual renewal, all paid members will get an invitation to join the Yahoo group.

Parking at the Aquarium of Niagara Falls now costs \$10 per car - Liz will reach out to the Aquarium folks to negotiate a donation in return for parking privileges.

NFBC Business cards - Rob will contact Linc to see if he has a supply. Rob will order additional NFBC business cards showing his name as President.

Board agrees that Rebecca & Liz can propose Spotlight rides to the Ride Committee.

Respectfully submitted,

Liz Skelton, Secretary

NIAGARA FRONTIER BICYCLE CLUB, INC.  
2017 TREASURER'S REPORT

	Period ending 1/31/17	Period ending 2/28/17	Period ending 3/31/17	Period ending 4/30/17	Period ending 5/31/17	Period ending 6/30/17	Period ending 7/31/17	Period ending 8/31/17	Period ending 9/30/17	Period ending 10/31/17	Period ending 11/30/17	Period ending 12/31/17	YTD 2017
<b>REVENUES</b>													
Banquet													\$0.00
Can Am													\$0.00
Jerseys													\$951.30
Map Packs													\$0.00
Donation													\$0.00
Membership Dues	\$281.51	\$1,365.96	\$1,823.85	\$1,598.16	\$546.27	\$1,001.88							\$6,613.61
Picnic													\$0.00
Club Trip													\$0.00
Miscellaneous													\$0.00
Sales Tax Refund													\$0.00
<b>TOTAL REVENUE</b>	<b>\$281.51</b>	<b>\$1,365.96</b>	<b>\$1,823.85</b>	<b>\$1,598.16</b>	<b>\$546.27</b>	<b>\$1,001.88</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$7,564.91</b>
<b>EXPENSES</b>													
Adopt-a-Highway													\$155.34
Awards													\$463.00
Bank Fees													\$22.78
Banquet													\$0.00
Carvan													\$0.00
Club Picnic													\$375.00
Donors (Ride starts)													\$100.00
Dues (LAs, Adventure Cyclist)													\$0.00
General Membership Meetings													\$0.00
40th Anniversary Event													\$0.00
Silver Wheels Picnic													\$0.00
Historian													\$1,898.68
Insurance													\$0.00
Jerseys													\$0.00
Promotion/Logo													\$14.70
Map Packs													\$0.00
Membership													\$0.00
P.O. Box													\$14.70
Ride Committee	\$41.96	\$233.46	\$131.63	\$75.63		\$20.00							\$802.68
Sales Tax			\$276.31										\$276.31
Newsletter		\$66.86	\$31.40			\$4.59							\$162.55
Sunshine													\$0.00
Supplies		\$2.08											\$2.08
Website	\$22.95	\$45.90	\$45.90	\$1.78	\$22.95								\$139.48
Club Trip													\$0.00
<b>TOTAL EXPENSES</b>	<b>\$60.91</b>	<b>\$2,621.98</b>	<b>\$499.34</b>	<b>\$77.41</b>	<b>\$152.65</b>	<b>\$209.53</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$4,122.50</b>
<b>TOTAL SURPLUS/(SHORTFALL)</b>	<b>-\$279.40</b>	<b>-\$1,256.02</b>	<b>\$1,324.51</b>	<b>\$1,520.75</b>	<b>\$393.62</b>	<b>\$1,743.23</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$3,442.41</b>
Cost Balance - Beginning	\$10,026.66	\$10,646.50	\$9,360.48	\$10,720.99	\$12,291.14	\$12,627.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$10,026.66
Cost Balance - Ending	\$10,646.50	\$9,360.48	\$10,720.99	\$12,291.14	\$12,627.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$10,026.66
<b>Cash Account Reconciliation</b>													
Balance per Check Book	\$10,646.50	\$9,360.48	\$10,720.99	\$12,291.14	\$12,627.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$10,026.66
Balance per "Bank" Statement	\$10,646.50	\$9,465.48	\$10,341.06	\$12,231.14	\$12,627.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$14,367.66	\$10,026.66
add: Unrealized Deposits		\$75.00	\$430.00										\$0.00
less: Outstanding Checks		\$0.00	\$60.67										\$0.00
<b>Adjusted Balance per Bank Statement</b>	<b>\$10,646.50</b>	<b>\$9,360.48</b>	<b>\$10,720.99</b>	<b>\$12,231.14</b>	<b>\$12,627.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$14,367.66</b>	<b>\$10,026.66</b>
<b>Unreconciled Difference</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
M.T. Savings Beginning Balance	\$10,907.96	\$10,908.88	\$10,909.72	\$10,910.65	\$10,911.54	\$10,911.54	\$10,911.54	\$10,911.54	\$10,911.54	\$10,911.54	\$10,911.54	\$10,911.54	\$10,922.06
M.T. Savings Account Interest	\$0.82	\$10,908.88	\$0.93	\$0.89	\$0.89	\$0.89	\$0.89	\$0.89	\$0.89	\$0.89	\$0.89	\$0.89	\$0.69
M&T Savings Ending Balance	\$21,565.38	\$20,900.20	\$21,631.04	\$23,142.88	\$23,536.30	\$25,279.53	\$25,279.53	\$25,288.45	\$25,288.33	\$25,289.20	\$25,290.05	\$25,290.74	\$25,290.74



## REMEMBER THE CAN AM?

**For those who have been missing what was a spectacular NFBC event ride, the good news is IT'S BACK**

### The Newly Resurrected CanAm Century Ride and Cycling Weekend

The CanAm Century Ride is a scenic bicycle ride for intermediate and experienced riders throughout the Canadian and American sides of the Buffalo-Niagara region.

It is a collaborative event co-organized by GObike Buffalo, Niagara-Frontier Bicycle Club (NFBC) and the Program for Understanding Childhood Concussion & Stroke (PUCCS).

Because we have partners, our club no longer has to do the bulk of the volunteering. We hope that means that many of you will register this year to do the ride! The discount code for NFBC members is NFBC10.

There will be the usual 35, 62, and 100-mile options on Sunday. All of the rides are considered official NFBC rides and count towards your annual mileage accruals.

The new event headquarters is the student union at Buffalo State College.

Saturday optional activities starting information is as follows:

- Chestnut Ride/Graycliff ride begins at Chestnut Ridge Park Casino parking lot at 10am
- Urban Architectural Tour begins at Buffalo State College Student Union at 1pm
- 
- Packet Pick-up Party is at the Buffalo State College Student Union from 6pm-8pm

Registration includes:

- a choice of one of two optional Saturday ride events
- admission to the packet pick up reception on Saturday evening,
- your choice of one of three ride options for Sunday,
- ride support on Sunday,
- rest stops with snacks on Sunday,
- an event t-shirt, and
- a post ride picnic on Sunday.

For complete event details please visit [www.canamride.com](http://www.canamride.com)

**WHEN**

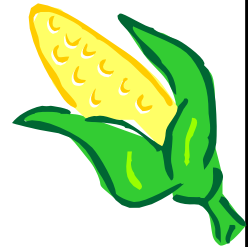
Sunday, August 6, 2017 from 6:00 AM to 3:00 PM

**WHERE**

Buffalo State College - 1300 Elmwood Avenue, Buffalo, NY 14222 -



## Dick and Kathy Swank's Eden Cornfest Party Ride



**The Date: Saturday, August 12**

**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.



## NFBC Picnic Sunday Aug 27

**The Annual NFBC Picnic is Sunday August 27, 2017.** Mark your calendars and save the date. Come rain or shine it doesn't matter if you ride or just come for the picnic. The food will be ordered and delivered, the beer, wine, pop, ice tea and water will be ready.

The location is the Gazebo at Como Park; this is the same location as the last few years.

**The cost – is "Free" to members,** however please send me a text, e-mail or phone message with your name and the number that will attend. I need a solid number so that I can order the food and refreshments.

**"Bring a desert to share"** that's it.

The Gazebo is large with plenty of shelter from the sun. I know that it won't rain but by some chance it does rain the picnic is still on.

There are 4 rides posted on the club web site, from short & flat to long and hilly.

**Please RSVP by Friday August 18th.** My e-mail is [jackrim49er@gmail.com](mailto:jackrim49er@gmail.com); my phone is 716-741-8512 text or call. This is a cell number.

### **Volunteers Needed:**

3 –4 people to help set up, this involves moving the tables and we slide them but they are heavy and help stable on the table cloth. A spare staple gun or two would be nice to have if you can bring one along. Get the beer, pop on ice and make sure everything is ready

2 or 3 people to help registration

2 or 3 people to help set up when the food is delivered

2 or 3 people to help clean up

If you can help, please let me know.

Thank you Jack





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**NFBC NEWSLETTER DEADLINE**

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

## Niagara Frontier Bicycle Club

### Board of Directors

**President**

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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 releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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
<b>TOTAL</b>	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:  
 NFBC Inc.  
 c/o Michele Smith  
 1537 Sundance Trail  
 Lakeview, NY 14085

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

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC sponsored ride.  
**Duties of Riders of the NFBC** By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:  
 1. 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.  
 2. All riders must wear a Snell or ANSI approved bicycle helmet.  
 3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).  
 4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.  
 5. 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.  
 6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.  
 7. Riders make certain there is adequate safe space between themselves and the rider in front.  
 8. 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 2017

***NFBC—We ride every day***

Niagara Frontier Bicycle Club  
P.O. Box 211  
Buffalo, New York 14226-0211

