Dates to Remember

CanAm EVENTS

August 4 -5

MS Charity Ride

August 11

Club Trip

August 17 - 21

Leach Pond Party Ride

August 18

NFBC Summer Picnic

August 26

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August already! It promises to be a busy month. The CanAm weekend, Club Picnic, Club trip, and Party Rides will fill the weekends from now through Labor Day.

Make sure to reserve your place for the CanAm if you have not already and then RSVP for the Club picnic if you are going. We need a count and we also need volunteers to help at the picnic.

There is still a Charity Ride on the schedule: the MS ride is August 11th.

Check out the Club Trip update inside. And, don't miss Bradshaw Hovey's article on Ride the Rockies and the article about the upcoming Empire State Ride

There is a new party ride for August: the Leach Pond Party in beautiful Holland NY. And don't forget the Kazoo Ride Party on Labor Day.

PLEASE NOTE: Membership dues can no longer be paid online, please use the form in the Newsletter or on the website to join or to renew.

THERE HAS BEEN A CHANGE TO THE CAN AM ROUTES. See P. 3

www.nfbc.com

NFBC Summer Picnic Sunday August 26, 2018

Rain or Shine, come to ride or just come to socialize and enjoy some food and drinks!

Mark your calendar: The <u>Club Summer Picnic is Sunday, August 26</u> at the large Gazebo at Como Park; this is the <u>same location</u> as the last few years.

The rides are posted on the NFBC web site. There are four flat rides with gentle hills of 17, 22, 35 and 48 miles. There are also two rides with more challenging hills of 34 and 45 miles. Park in the large lot adjacent to the Main Park Rd off Como Park Blvd; the large gazebo is just across the road.

The picnic is free for all members. The club will supply water, pop, iced tea, beer and wine. A buffet will be served about 12:45pm. Please email or text me if you plan on attending by Sunday, August 19. I will need a count to order the food and beverages.

What can you do? Bring a desert to share!

RSVP, let me know if you will attend, either by email to **jackrim49er@gmail.com** or text **716-741-8512** by Sunday, August 19.

Volunteers Needed:

3 or 4 people to help set up: This involves moving the tables -- we slide them but they are heavy -- and stapling on the tablecloths. A spare staple gun or two would be nice to have if you can bring one along. We also get the beer and 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



August 2018

We Ride Every Day

Page 3



The 2018 CanAm Century

Weekend

The NFBC has made the CanAm Ride area. Now co-sponsored by the NFBC, GoBike getting better!

one of the premier cycling events of our Buffalo, and PUCCS, the CanAm weekend keeps

The feature ride takes place on Sunday, August 5. We have added a new 25 mile route and ride choices now include 25, 50, 62, or 100 miles. On the three longer rides, you will enjoy beautiful scenery on both sides of the Niagara River as you cycle through parks and historic sites on both sides of Niagara Falls.

This year's headquarters and ride start have returned to the charming Frank Lloyd Wright Fontana Boathouse. On Saturday, August 4, the Welcome Reception will be held at the Boathouse from 5 PM to 8 PM. It will be a wine, beer, and hors d'oeuvres social where you can pick up your ride packet. Then, on Sunday, all of the rides start there.

Three other cycling events serve as a prelude to Sunday's feature rides. The "To The Point" NFBC ride led by Pat Danaher will meet at Chestnut Ridge at 9 AM Saturday, meandering through gorgeous Western NY countryside to Sturgeon Point and back.

Also on Saturday, the new and improved historical urban tour will leave from the Boathouse at 11 AM. It will be led by Rebecca Ribis and other guides who will stop to point out fascinating features of downtown Buffalo.

Finally, we are initiating the choice of an 8-mile or a 14-mile Brewery Tour Ride that begins at 4 PM Saturday, also starting at the Boathouse. After cycling by the breweries, you can pick one to return to after the ride.

More information can be found at the CanAm website: canamride.com. Go to the site to register and use the NFBC discount code: 2018NFBC10.

Tom's ProBike is an official sponsor this year, and Tom has donated some amazing prizes that will be scooped up by some lucky early registrants. So don't delay, register for this year's CanAm now!

We have had to change the routes of the three longer rides and they will not go directly past Niagara Falls.

The Empire State Ride

The Empire State Ride is a fully supported, seven-day ride across New York State with one mission: to end cancer. Participants ride 500+ miles from NYC to Niagara Falls with cyclists from across the country! The ride is July 29 - August 4, 2018.

Several NFBC members have committed to the Ride for 2018 and have been steadily fundraising since last October! The Team, "One Short of a Six Pack," is pictured. Members from left to right are:

Joyce "Here, hold my beer!" Warthing Leslie "Where's the party?" Stewart Michele "Isn't my new puppy cute?" Ward Michelle "Can we please slow down?" Bates JoAnn "Hot shoes" Blatner--Team captain

"Slay that Dragon Hill" as we climb the hills)

We're taking on this personal challenge in honor and in memory of those in our lives touched by/lost to cancer. Here we are, "women of a certain age," training hard since last winter by hitting the gym and doing copious



amounts of riding. There are many challenging parts to this ride--namely the elevation, riding an average of 75 miles per day, and camping in tents! However, we look forward to meeting new people that share both passion for cycling and the drive to kick cancer to the curb!

We five have been getting to know each other quite well since signing up through training and almost daily Facebook messaging. Some notable quotes:

From Joyce Warthling: "Jo Ann made me do it!!!" "Training??? What's that?" "Ride and ride some more." From Michelle Bates: "I also blame Jo Ann." "Slow and steady...the tortoise always wins the race." From Michele Ward: "It's not the speed...just the time." "Put in the time." (She also has been heard shouting

From JoAnn Blatner: "It's not a race, it's a ride." "I can, I will, end of story."

From Leslie Stewart: "My guardian angels, Therese and Diane, are always with me-- especially helping me climb those hills!

Our team goal is to reach \$20,000. By donating to any one of us, you can help us get there. We're so close! Check out any of our pages by putting in our name at www.empirestateride.com. You can also look us up by our team name, "One Short of a Six Pack."

We'd also like to give props to NFBC members David Brown, David Newman, and Carlos Valenti Torres, who have each been riding the ESR for several years! We are looking forward to learning from them throughout the week.

Thank you! We'd be grateful if you'd join us by donating to this cause!

We Ride Every Day NFBC AT ALTITUDE.

The NFBC was represented once again this past June in the Colorado classic "Ride the Rockies." Six days, 447 miles, and almost 29,000 feet of climbing. Pure joy.

The week started with two long days of riding, from Breckenridge, through Copper Mountain, over Fremont Pass, Tennessee Pass, and Battle Mountain down to Edwards, 77 miles, then Edwards to Steamboat Springs another 80.

Over Walcott Gap and down to the Colorado River was one of the best descents I've ever done.

"Wheeee!" as rookie RTRer, Necole Zayatz, would say.

The Buffalo crew, as always, was led by Patrick and Loren Danaher, keepers of Rocky Mountain logistics and lore. Sandy Bunn and Annie Schuster were there as were Jim Kuberka, Bill Harrington, Julie Alsani, Necole, and your author.





Pete Ziolo was on the team, too, fresh from his pre-ride conquest of Pikes Peak, 14,115 feet.

He's such a show-off. On our warm-up day, we all went up Hoosier (daddy) Pass and back down, except for Pete and Bill who had to impress by going over the other side to Alma and then back up.

After a light day around Steamboat – a special Buffalo side-trip up to the Clark General Store for "the world's best all-beef hot dog" (what's the big deal, Sanford?) – it was on to Grand Lake, up and over Rabbit Ears Pass, not even ten thousand feet high. With the climbing out of the way early in the day the remaining 65 slightly-uphill miles through hot stinking high plains was a piece of cake.

They don't call it Hot Sulphur Springs for nothing. Right near Brimstone, CO.

Day five took us to Winter Park with Sandy and others taking the optional 32 mile ride up Berthoud Pass, scene of their 2014 blizzard evacuation, the story of which Pat, Loren, Sandy, and Annie would be happy to tell for the umpteenth time.

The last day was back to Breckenridge, mostly downhill in the morning, but up a gravel road to Ute Pass (remember the guys who crashed into a bear there two years ago?) and then the last 40 of 87 miles gradually uphill.

All that exertion at altitude can make a little *verklempt*. Talk amongst

—Bradshaw Hovey

you a little emotional. In fact, I'm getting yourselves. I'll give you a topic.

Charity Rides Enjoy a Ride and Help the Community

An Unforgettable Ride

Great Lake Escape

August 11: Evangola State Park, Irving NY

You will enjoy miles of water views that range from shoreline height to breath-taking cliff top vistas with views of Canada. Rest areas will include the Dunkirk Pier, a Westfield vineyard and a "Million Dollar View" of the Buffalo Harbor and Skyline, the Lackawanna Steel Winds Turbine Farm and the Ontario, Canada shoreline.

Route Options of 15, 30, 50, 64, and 100 miles.

With a Kid's Bike Rodeo and a party on the beach, there is fun for the whole family.

than a rid

Saturday Morning Breakfast Ride

Bill Conrad performs a tire repair. An appreciative audience looks on.



WEEKEND RIDE SCHEDULE

	August 2018			We Rid∋ Every Day			Page 7		
335	Akron Junction	Sat, Aug 4	9:00 AM	Parking lot on Sawmill (at Main St.), Clarence	~26-38	828 / 438	<u>EZ</u>	NEEDS LEADER. VOLUNTEER HERE.	
380	To the Point	Sat, Aug 4	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	51 / 45 / 28	2600 / 1600 / 1300	DIFF / MOD / EZ	Pat Danaher (310 -8136)	
373	CanAm Century (New, International)	Sun, Aug 5	7:00 AM	Front Park (Pedestrian Entrance to Toll Booths), Buffalo	103	2600	DIFF	NEEDS LEADER. VOLUNTEER HERE.	
373	CanAm Metric (New, International)	Sun, Aug 5	8:30 AM	Front Park (Pedestrian Entrance to Toll Booths), Buffalo	59	1500	<u>MD</u>	Lincoln Blaisdell (716 -479-9431)	
373	CanAm Short Ride / Half Century (New, International)	Sun, Aug 5	11:00 AM	Front Park (Pedestrian Entrance to Toll Booths), Buffalo	45 / 25	978	<u>EZ</u>	<u>Rebecca</u> <u>Ribis</u> (837-00 89)	
405	Sing n' Scream	Sat, Aug 11	9:00 AM	Lancaster Opera House (side parking lot on Clark St), Lancaster	43 / 31		<u>EZ</u>	NEEDS LEADER. VOLUNTEER HERE.	
341	Hamburg to Collins	Sat, Aug 11	9:00 AM	Parking Lot behind fire hall, Hamburg	41 / 31 / 21	1800 / 1400 / 750	MOD	<u>Charles</u> <u>Grammer</u> (71 6-713-1469)	
368	Lake O Century	Sun, Aug 12	8:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	96	860	DIFF	NEEDS LEADER. VOLUNTEER HERE.	
368	Lake O Metric / Short	Sun, Aug 12	9:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	62 / 30	30	<u>MOD</u> / <u>EZ</u>	<u>Tim</u> <u>Cleary</u> (807-7 174)	
292	Frog Valley (The Sunset Bay Ride)	Sun, Aug 12	9:00 AM	Silver Creek Burger King Lot (Burger King Lot Off I-90 Exit 58, Silver Creek), Silver Creek	46 / 37	2800 / 2000	XD / DIFF	Pat Danaher (310 -8136)	
1300	Hudson Historical Tour (Special Event)	Fri, Aug 17	5:00 PM	Hyde Park Town Hall (Start for Hudson Historical Tour), Hyde Park,	25		<u>EZ</u>	Cynthia Adams (308- 0774)	
702	Royalton Ravine	Sat, Aug 18	9:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	45 / 34		EZ	NEEDS LEADER. VOLUNTEER HERE.	

254	Loose Goose Party	Sat, Aug 18	9:00 AM	Parking Lot @ Ronni's Pizzaria (Rt. 16, 0.1 miles before Holland Glenwood Road), Holland	44 / 34	3389 / 2343	XXD / DIFF	<u>Tim</u> <u>Leach</u> (537- 9891)
1300	Hudson- Bowdoin Park (Special Event)	Sat, Aug 18	9:30 AM	Hudson - Bowdoin Falls, Wappinger Falls	42 / 34 / 20	2600 / 1500 / 1000	MOD / EZ	Cynthia Adams (308 -0774)
389	Erie Canal Double Cross	Sun, Aug 19	9:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	40 / 25	877 / 306	<u>MOD</u> / <u>EZ</u>	NEEDS LEADER. VOLUNTEER HERE.
288	To Hill and Back	Sun, Aug 19	9:00 AM	Hamlin Park (south parking lot), East Aurora	51 / 38	3758 / 2210	XD_/ DIFF	NEEDS LEADER. VOLUNTEER HERE.
1300	Hudson Farm and Orchard Rides (Special Event)	Sun, Aug 19	9:00 AM	New Paltz Co-Op Nursery (Ride Start for Hudson Farm and Orchard rides), New Paltz	50 / 35 / 17		MD / MOD / EZ	Cynthia Adams (308 -0774)
1300	Hudson Rhinebeck/ Red Hook rides (Special Event)	Mon, Aug 20	9:30 AM	Rhinebeck Visitors Parking (Start Location for Hudson Rhinebeck rides), Rhinebeck	34		MOD	Cynthia Adams (308 -0774)
1300	Hudson Walkway over Hudson Ride (Special Event)	Tue, Aug 21	9:00 AM	Holiday Inn Express Poughkeepsie (Start Location for Hudson Trip), Poughkeepsie	24		EZ	Cynthia Adams (308 -0774)
440	SPOTLIGHT Toy Town Tour (Special Event)	Wed, Aug 22	10:00 AM	Hamlin Park (south parking lot), East Aurora	29	1250	MOD	Elizabeth Skelton (71 6-400-6091)
735	Bergen Bakery Ride	Sat, Aug 25	9:00 AM	Elba Central School (Elba Central School Parking Lot), Elba	44 / 38	1185 / 1020	<u>MOD</u> / <u>EZ</u>	NEEDS LEADER. VOLUNTEER HERE.
367	Baghdad Bunker	Sat, Aug 25	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	53 / 43	4200 / 2000	XXX / DIFF	NEEDS LEADER. VOLUNTEER HERE.
406	Como Park Rides (Picnic)	Sun, Aug 26	9:00 AM	Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster	48 / 35 / 22 / 17	1100 / 700 / 410 / 300	MOD / EZ	NEEDS LEADER. VOLUNTEER HERE.
407	Como Park Picnic Rides (Picnic)	Sun, Aug 26	9:00 AM	Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster	45 / 34	1800 / 1300	DIFF / MD	Tim Cleary (807 -7174)

We Ride Every Day WEEKDAY RIDE SCHEDULE

Day	Time	Ride Start	Ride Leader	
	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853	
Monday	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089	
		Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057	
	AM	Ellicott Creek Island Park (off Niagara Falls Blvd. on Creekside), Tonawanda	Joe Pizzuto, 982-4142	
Tuesday	PM	West Canal Park, April, May, June & September . Pendleton Town Hall, Campbell Blvd. between Bear Ridge and Beach Ridge Rds., Pendleton. July & August.	Jim & Kathy Karnath, 860-9039	
	PM	Municipal Parking Lot off Long Ave (opposite #48) by firehall and water tower, Hamburg	Matt Luly, 648-8988	
	AM	Municipal Parking Lot, S. Buffalo & E. Quaker Rds., Orchard Park	Fred Marcheson, 870-2112	
Wednesday	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	
	AM	Como Park, first parking lot on the right from Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039	
Thursday	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Karen Alongi & Jason Deckert	
	PM	St. John's Lutheran Church, 55 Pleasant Ave., East of Central Ave., Lancaster Ave., Lancaster	Liz Skelton, 400-6091	
	AM Community of Christ Church, 5030 Thompson Rd., Clarence		Jack Rimlinger, 741-8512	
Friday	PM	Elma Meadows Park, on Rice Rd. at Girdle Rd., Elma	Pat & Loren Danaher, 310-8136	
Saturday	AM Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst		Brad Chase, 632-5636	
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	lan Currie, 601-7390	

Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast) Weekday Morning Rides: 10:00 AM in April, May, Sept. & Oct.; 9:00 AM in June, July & Aug. Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.

Club Trip Update



So far, 34 Club members are going on the 2018 Club Trip to Poughkeepsie. There is still room for YOU!!!

- The trip is from Friday, August 17th through Tuesday August 21. FIVE days of biking!
- Routes are posted on the NFBC Website.
- The Holiday Inn Express still has rooms available: 845-473-1151. Group rate is \$119 per night.
- Please notify trip organizer, Cindy Adams (cynthia<u>12@roadrunner.com</u>) when you sign up for the Trip. She will forward details soon.





www.nfbc.com

Welcome New Members

Peter Cullen, Thomas Wehling, Joe Grey, Sarah Hartman, Mark O'Brian, Sienna Raczka, Joshua Raczka, Sabrina King, Thomas Doran, Debra Good, Shomari White, John Koenitzer, Rebecca Nash, Michael Dahlheimer, Timothy Zwack, Andy Dalgleish, Jeffery Goettel, Noell Porter-Goettel, Lori Manera, Robert Manera, Steve Talty.

Leach Pond Party Ride

Tim and Sally Leach will host a party ride on August 18th at their Pond after the Loose Goose Ride which starts a short distance away in Holland. Bring a chair, a dish, a beverage and your swim trunks and come out to Holland for a great party

Tim will have directions to the party at the 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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com. 688-8904) or Robert Nowinski. Club President. NFBC cares about its people!

NIAGARA FRONTIER BICYCLE CLUB

Board of Directors

President Robert Nowinski (490-0752) 33 Seneca Parkside Buffalo, NY 14210 president@nfbc.com	Board Members Cindy Adams (308-0774) 55 Rehm Rd. Lancaster, NY 14086 cynthia12@roadrunner.com	<u>1</u>	WEBMASTER Ron Penton webmaster@nfbc.com	Ji: 58 Cl
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	Jack Rimlinger (741-8512) 70 Blacksmith Drive E. Amherst, NY 14051 jackrim49er@gmail.com		fbc.com	

Club Historian Jim Vozga (462-0600) 5830 Strickler Road Clarence, NY 14031 voz@aol.com

Bicycling Advocate
Janice Cochran (837-0402)
19 Carmen Road
Amherst, NY 14226
jcochran@buffalo.edu

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

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 conditions 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 lessers 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 may occur 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 NFBC website).

NAME					
STREET					
CITY			Address Change?	Υ	N
STATE	ZIP	PHONE			
PRIMARY EMAIL			Email Change ?	Υ	N
SECONDARY EMAIL			Email Change ?	Υ	N
PRIMARY MEMBER/GUARDIA	AN SIGNATURE	DATE	BIRTHDATE if under 18	MEMBER#	
ADDITIONAL MEMBERS: (Fa	amily membership includes any	2 adults and their childre	en under 18 living at the same addre	ess)	
MEMBERSHIP FEE:	Individual - \$20	Renewing _	OR New		

Send check payable to NFBC along with signed application to: NFBC c/o Michele Smith, 1537 Sundance Trail,

SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC









Niagara Frontier Bicycle Club



Harrington Party Ride

July 14th 2018 Thank You!

Puleo Party Ride

July 21, 2018 Thank You!



