

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

August 2016

We ride every day!

Volume 47, Issue 7

Dates to Remember

- Aug 6, 7 CanAm Weekend
- Aug 13 Hamburg Century New Ride
- Aug 14 Lake O Century
- Aug 28 Club Picnic at Como Park

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www.nfbc.com

Like Meeting Up With An Old Friend

Folks who have been in the club for a few years may recall that NFBC used to host an annual event called the CanAm Ride. The ride was originally conceived by longtime NFBC member Mary Alice Tocke and had its inaugural run in 2005. It was a way to showcase (by bicycle) what Buffalo-Niagara has in the way of scenery and history, with its many architectural gems and proximity to the Niagara River and Niagara Falls. After using Lasalle park as a launch point and after-ride luncheon location for a couple of years, the ride start/end was moved to the picturesque Frank Lloyd Wright Fontana Boathouse when Mike and Brenda Fischer headed the event committee. The boathouse, sited on the Buffalo Waterfront near the Peace Bridge, offered a near-perfect venue for the CanAm headquarters. Sunsets were stunning during the popular Saturday night-before social from the outside deck on the boathouse. It also made an ideal start location on Sunday to head en masse across the Peace Bridge to Canada for the 100 and 62 mile rides. A good number of people from out of town would sign up year after year to do the ride. A lot of NFBC members would also look forward to it being on the NFBC schedule. Though many members enthusiastically committed time and talent to working the event, our smallish club kept relying on the same folks year after year to help get it done. Enthusiasm became reluctance, so the NFBC decided to give everyone a break and take a year off. One year became two. It was starting to appear like our CanAm ride would never return.

The good news is, it's back. For those who have been missing the experience, the CanAm ride has been revived. So why haven't you seen solicitations for volunteers to work the ride in club emails or the newsletter? Our club President, Linc Blaisdell, has the details within this issue.



The **NFBC club picnic** will be held on **Sunday, August 28**. Our Picnic Chairperson, Jack Rimlinger, has information within about this opportunity to socialize with your fellow club members while enjoying the summer weather outdoors.



As usual, there is an excellent slate of rides for August, with a couple of new ones to test your legs with, so be sure to check the schedule and mark favorites on your calendar.



Here's a challenge for you ride mileage seekers. The NFBC has back-to-back centuries, one on a Saturday and one on a Sunday of the same weekend. See if you can do both centuries, or even both metrics (or a century and metric). There'll be no special awards for this. You'd get bragging rights and no guilt in having some extra after dinner dessert.



AUGUST 2016 WEEK-END RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Aug 06	9:00AM	361	Bill's Training Ride	30 / 16	Easy	0	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek S at New Rd, Amherst	Pat Danaher 310-8136
Sat, Aug 06	10:00AM	380	Greycliff Ride	52 / 43	Diff/ Mod	2500/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	
Sun, Aug 07	6:00AM		CanAm Rides: see www.canamride.com					
Sat, Aug 13	9:00AM	749	Wilson - Olcott Express	41	Easy	0	Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	
Sat, Aug 13	9:00AM	425	New Hamburg Century	102/63/33	XXD/XD/D	5700/3600/1700	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Lucinda Griswold 289-6155
Sun, Aug 14	7:00AM	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 14	9:00AM	369	Lake O Metric & Short	62 / 30	Mod/Easy	30	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Tim Cleary 807-7174
Sun, Aug 14	9:00AM	416	Kaiser Roll	43/28	XD/Diff	3100/ ?	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Michael Mieney 566-8909
Sat, Aug 20	9:00AM	761	East Amherst - Akron Falls	40 / 30	Easy	0	Williamsville East H.S., Paradise , off of Klein, E. Amherst	
Sat, Aug 20	9:00AM	288	To Hill and Back	51 / 38	XD/Diff	3020 / 1800	Hamlin Park (south parking lot), S Grove St	Richard Swank 206-9302
Sun, Aug 21	9:00AM	422	New Karnath Ride	~30	EZ	0	Pendleton Town Hall, 6570 Campbell Blvd.	
Sun, Aug 21	9:00AM	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 713-1469
Sat, Aug 27	9:00AM	702	Royalton Ravine	45 / 34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	
Sat, Aug 27	9:00AM	285	Let's do some HILLS	51	XXX	3900	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	
Sun, Aug 28	9:00AM	407	Como Park Picnic Rides	48/45/35/22/18	0	1800/1300/700/400/300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	
Sun, Aug 28	10:00AM	407	Como Park Picnic Rides	48/45/35/22/18	0	1800/1300/700/400/300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	

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	Pendleton Town Hall, 6570 Campbell Blvd., Pendleton (August Only)	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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Carlos Torres (temp) 207-9968
	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	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
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,
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 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>10 AM Pendleton</i> <i>6:30 PM Clarence</i> <i>6:30 PM E. Aurora</i>	2 <i>10AM Tonawanda</i> <i>6:30PM Pendleton</i>	3 <i>10AM Orchard Pk.</i> <i>6:30PM Clarence</i> <i>6:30PM Orchard Pk.</i>	4 <i>10 AM Lancaster</i> <i>6:30 PM Amherst</i> <i>6:30 PM Lancaster</i>	5 <i>10 AM Clarence</i> <i>6:30 PM Elma</i>	6 <i>9 AM Amherst</i> Greycliff Ride
7 CANAM RIDE	8 <i>10 AM Pendleton</i> <i>6:30 PM Clarence</i> <i>6:30 PM E. Aurora</i>	9 <i>10AM Tonawanda</i> <i>6:30PM Pendleton</i>	10 <i>10AM Orchard Pk.</i> <i>6:30PM Clarence</i> <i>6:30PM Orchard Pk.</i>	11 <i>10 AM Lancaster</i> <i>6:30 PM Amherst</i> <i>6:30 PM Lancaster</i>	12 <i>10 AM Clarence</i> <i>6:30 PM Elma</i>	13 <i>9 AM Amherst</i> Wilson-Olcott Hamburg Century
14 <i>9 AM Buffalo</i> Lake O Century/ Metric/Short	15 <i>10 AM Pendleton</i> <i>6:30 PM Clarence</i> <i>6:30 PM E. Aurora</i>	16 <i>10AM Tonawanda</i> <i>6:30PM Pendleton</i>	17 <i>10AM Orchard Pk.</i> <i>6:30PM Clarence</i> <i>6:30PM Orchard Pk.</i>	18 <i>10 AM Lancaster</i> <i>6:30 PM Amherst</i> <i>6:30 PM Lancaster</i>	19 <i>10 AM Clarence</i> <i>6:30 PM Elma</i>	20 <i>9 AM Amherst</i> <i>E. Amherst—Akron</i> <i>Falls</i> <i>To Hill and Back</i>
21 <i>9 AM Buffalo</i> New Pendleton Ride Conesus Lake to Fowlerville	22 <i>10 AM Pendleton</i> <i>6:30 PM Clarence</i> <i>6:30 PM E. Aurora</i>	23 <i>10AM Tonawanda</i> <i>6:30PM Pendleton</i>	24 <i>10AM Orchard Pk.</i> <i>6:30PM Clarence</i> <i>6:30PM Orchard Pk.</i>	25 <i>10 AM Lancaster</i> <i>6:30 PM Amherst</i> <i>6:30 PM Lancaster</i>	26 <i>10 AM Clarence</i> <i>6:30 PM Elma</i>	27 <i>9 AM Amherst</i> Royalton Ravine Let's Do Some Hills
28 NFBC PICNIC	29 <i>10 AM Pendleton</i> <i>6:30 PM Clarence</i> <i>6:30 PM E. Aurora</i>	30 <i>10AM Tonawanda</i> <i>6:30PM Pendleton</i>	31 <i>10AM Orchard Pk.</i> <i>6:30PM Clarence</i> <i>6:30PM Orchard Pk.</i>			

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!



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

WHEN

Sunday, August 7, 2016 from 6:00 AM to 3:00 PM

WHERE

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



"HELLO, PIK-I-NIK BASKET"

Save the Date, mark you calendars! The Picnic is on rain or shine!
The NFBC Club Picnic is Sunday August 28, 2016 at the Como Park Gazebo.

The Club has 6 different rides scheduled. This pretty much offers a ride for everyone. The longer rides begin at 9:00 AM and the shorter rides begin at 10:00 AM. See the NFBC Club website with a list of the rides available.

The Picnic is free to members, lunch is being served at 12:30 PM. Food, beer, wine, soda, water is included so come hungry and party with your riding friends.

Bring a Dessert to Share!

The devil is in the dessert, no not Tim Cleary, but the dessert contest is on again this year. Or as I call it "Whip it Up" prizes for the top 3 desserts, as judged by our expert food critics.

Please **RSVP by Aug Wednesday August 24th**. I need a count to order the food and drinks. E-mail or text message please. jackrim49er@gmail.com or 716-741-8512.

Volunteers:

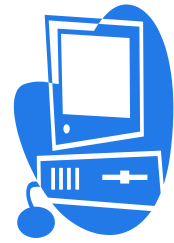
2 - people to help set up the Gazebo, this involves moving the tables and stapling on the table cloth. This is a good spot for a couple of non-riders. Note, the tables are heavy so we slide them into place, this does require some physical activity.

2 - people to help set up the food tables when the food is delivered. Everyone should be back from the rides, so this open to anyone.

2 - or more to help clean up after the picnic.

Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

Currently, there are 429 members in the club. That includes 336 households. There are 94 new members in the NFBC. **WELCOME** to all the new members.

After over 15 years of filling the position of Membership Chair, someone will be replacing me in the near future. There will be more information about this later this year.

Thanks,
Roy



BOB and TRIS's PARTY RIDE



Bob and Tris



Ater ride party - what a gorgeous day

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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	Email	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:

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 2016

NFBC—We ride every day

Niagara Frontier Bicycle Club
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Buffalo, New York 14226-0211

