



August 2020

We Ride Every Day

Volume 51 Issue 6

# NFBC Newsletter

## Dates to Remember

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## WANT TO MAKE A DIFFERENCE?

If you desire greater involvement and input into NFBC decisions, here is your chance! 2020 is an election year for the Club, and new energy and ideas often have a positive impact. Please consider volunteering for a Board Member position. Board nominees must be a Club member for at least three years, and have volunteered to lead rides in the past.

The NFBC Nominating Committee, consisting of three people — one current Board member (Cindy Adams), and two non-Board members (Eva Horvath and John King) — will present a slate of candidates for the 2021-2022 term at the Fall Membership Meeting. The nominees will then be voted on and confirmed by their Club peers.

If you are interested in being nominated, please contact Cindy Adams ([cynthia12@roadrunner.com](mailto:cynthia12@roadrunner.com) or 308-0774), by August 20, 2020.

## Cancellations

The NFBC Board has decided that it is necessary to cancel the Club Picnic and Banquet for this year due to the Coronavirus situation. Leaderless rides will take place as scheduled on August 30th. The Banquet has been re-scheduled for 2021 at the Seneca Theater.

The Kazoo Ride Party has also been cancelled. The leaderless ride will take place as scheduled on Labor Day, September 7th.



The Rides listed below are the weekend rides scheduled for July. They are listed for your information and use. There will be no leader or sign in sheet at the ride and, obviously, no Club mileage will be recorded. Check the website for weekday rides. Please be safe and careful.

405	<a href="#">Sing n' Scream</a>	Sat, Aug 1	9:00 AM	<a href="#">Lancaster Opera House (side parking lot on Clark St), Lancaster</a>	43 / 31	1063 / 761	<a href="#">DIFF / MOD</a>	<a href="#">Leaderless Ride ()</a>
380	<a href="#">Greycliff Ride</a>	Sat, Aug 1	9:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	52 / 42	2500 / 1000	<a href="#">DIFF / MOD</a>	<a href="#">Leaderless Ride ()</a>
423	<a href="#">Mighty Lower Niagara</a>	Sun, Aug 2	9:00 AM	<a href="#">Cambria Town Hall (at Cambria Rd), Cambria</a>	~29-43	1011 / 769	<a href="#">EZ</a>	<a href="#">Leaderless Ride ()</a>
702	<a href="#">Royaltan Ravine</a>	Sat, Aug 8	9:00 AM	<a href="#">Clarence Central Elementary School (near Goodrich), Clarence</a>	45 / 34		<a href="#">EZ</a>	<a href="#">Leaderless Ride ()</a>
292	<a href="#">Frog Valley (The Sunset Bay Ride)</a>	Sat, Aug 8	9:00 AM	<a href="#">Silver Creek Burger King Lot (Burger King Lot Off I-90 Exit 58, Silver Creek), Silver Creek</a>	46 / 37	2800 / 2000	<a href="#">XD / DIFF</a>	<a href="#">Leaderless Ride ()</a>
368	<a href="#">Lake O Century</a>	Sun, Aug 9	7:00 AM	<a href="#">Nelson C. Goehle Marina (Wide Waters), Lockport</a>	96	860	<a href="#">DIFF</a>	<a href="#">Leaderless Ride ()</a>
369	<a href="#">Lake O Metric and Short</a>	Sun, Aug 9	9:00 AM	<a href="#">Nelson C. Goehle Marina (Wide Waters), Lockport</a>	61 / 30	1102 / 547	<a href="#">MOD / EZ</a>	<a href="#">Leaderless Ride ()</a>
86	<a href="#">Ski Country</a>	Sun, Aug 9	9:00 AM	<a href="#">Sprague Brook Park (Parking Lot), Glenwood</a>	43 / 34	2913 / 2560	<a href="#">XD</a>	<a href="#">Leaderless Ride ()</a>
456	<a href="#">Creeks and Rapids</a>	Sat, Aug 15	9:00 AM	<a href="#">The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst</a>	39 / 25	367 / 136	<a href="#">MOD / EZ</a>	<a href="#">Leaderless Ride ()</a>
389	<a href="#">Erie Canal Double Cross</a>	Sun, Aug 16	9:00 AM	<a href="#">West Canal Park (Near Niag. Falls Blvd), Pendleton</a>	44 / 26	877 / 306	<a href="#">MOD / EZ</a>	<a href="#">Leaderless Ride ()</a>
254	<a href="#">Loose Goose</a>	Sun, Aug 16	9:00 AM	<a href="#">Parking Lot @ Ronni's Pizzaria (Rt. 16, 0.1 miles before Holland Glenwood Road), Holland</a>	44 / 34	3389 / 2343	<a href="#">XXD / DIFF</a>	<a href="#">Leaderless Ride ()</a>
151	<a href="#">MendonPonds-ErieCanal (New, Special Event)</a>	Wed, Aug 19	10:00 AM	<a href="#">Mendon Ponds Park, Honeoye Falls</a>	49 / 31	2424 / 1530	<a href="#">MOD / EZ</a>	<a href="#">Leaderless Ride ()</a>
412	<a href="#">Bizarro Millgrove</a>	Sat, Aug 22	9:00 AM	<a href="#">Clarence Middle School, Clarence</a>	32 / 25	600 / 300	<a href="#">EZ</a>	<a href="#">Leaderless Ride ()</a>
333	<a href="#">Run to Randolph</a>	Sat, Aug 22	9:00 AM	<a href="#">Ellicottville Town Park, Ellicottville</a>	55	4000	<a href="#">DIFF</a>	<a href="#">Leaderless Ride ()</a>
169	<a href="#">Elma-Marilla</a>	Sun, Aug 23	9:00 AM	<a href="#">Lancaster Opera House (side parking lot on Clark St), Lancaster</a>	~28-31	1135 / 887	<a href="#">EZ</a>	<a href="#">Leaderless Ride ()</a>
422	<a href="#">Thilk Road</a>	Sat, Aug 29	9:00 AM	<a href="#">Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton</a>	44 / 37 / 28	846 / 639 / 496	<a href="#">MOD</a>	<a href="#">Leaderless Ride ()</a>

## August Schedule Continued:

285	<a href="#">Let's Do Some Hills</a>	Sat, Aug 29	9:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	51	4712	<a href="#">XXX</a>	<a href="#">Leaderless Ride ()</a>
407	<a href="#">Como Park Hilly Picnic Rides</a> (Picnic, Special Event)	Sun, Aug 30	9:00 AM	<a href="#">Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster</a>	45 / 34	1800 / 1300	<a href="#">DIFF / MD</a>	<a href="#">Leaderless Ride ()</a>
406	<a href="#">Como Park Flat Picnic Rides</a> (Picnic, Special Event)	Sun, Aug 30	10:00 AM	<a href="#">Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster</a>	48 / 35 / 22 / 17	1136 / 702 / 400 / 310	<a href="#">MOD / EZ</a>	<a href="#">Leaderless Ride ()</a>

**Wanted: Newsletter Editor(s)**

Looking for a way to contribute to the Niagara Frontier Bicycle Club? The Newsletter is currently published ten times per year, and includes the ride and party schedule, as well as meeting notices and other biking articles of interest.

Duties include:

- solicit and edit articles and photos.
- compile and publish the Newsletter on the NFBC website.
- attend Board meetings.

Currently the Newsletter is prepared in Apple Pages and posted to the NFBC Website as a pdf file. Similar software will be necessary if you wish to do this.

The current editors will provide previous editions and information regarding the Newsletter. We will also be available to assist you if necessary.

Newsletter editors are appointed by the elected NFBC Board members, so if you are interested, please contact any Board member!

**Wanted: Sunshine Committee Chairperson**

Terry Turski has been Sunshine Committee Chairperson for years and she is ready to retire! The duties are simple: on behalf of the Club, send a card to a member who is sick or injured. Information will come from members who know the situation.

If you would like to take the job, please let an officer or board member know.



## NFBC Officers

### President

Brenda Fischer (984-1415)

11 Lake Forest Pkwy

Lancaster, NY 14086

[president@nfbc.com](mailto:president@nfbc.com)

### Vice-President

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### Secretary

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Williamsville, NY 14221

[secretary@nfbc.com](mailto:secretary@nfbc.com)

### Treasurer

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159 Wyeth Dr.

Getzville, NY 14068

[treasurer@nfbc.com](mailto:treasurer@nfbc.com)

## Board Members

Cindy Adams (308-0774)

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Lancaster, NY 14086

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## Membership Chair

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[membership@nfbc.com](mailto:membership@nfbc.com) Club

Historian

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## Newsletter Editors

Joan Charleson

[jtchipin@yahoo.com](mailto:jtchipin@yahoo.com)

Mike Maher

[mikmar110@gmail.com](mailto:mikmar110@gmail.com)





# Welcome New Members

Deimer Jose Galvan Bravo, Tyler Lingenfelter, Marshall Aykroyd, Evgeny Vainshtok,  
Michelle Carbery, Ali Shah

## 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 Brenda Fischer, Club President. NFBC cares about its people!



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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 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 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 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME \_\_\_\_\_

STREET \_\_\_\_\_ Address Change? Y N

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY E-MAIL \_\_\_\_\_ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT SECOND MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT THIRD MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT FOURTH MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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MEMBERSHIP FEE: Individual - \$25 \_\_\_\_\_ Renewing Member \_\_\_\_\_ or New Member \_\_\_\_\_

Family - \$40 \_\_\_\_\_ (includes any 2 adults and their children under 18 living at the same address)

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Send check payable to NFBC along with signed application to: NFBC  
c/o Charles Grammer  
2801 George St.  
Eden, NY 14057



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# Support Your Local Bike Shop



tlonzi@tomsprobike.com

**Tom Lonzi**  
Owner

3687 Walden Avenue  
716.651.9995

9430 Transit Road  
716.688.2453



*Bicycles & Fitness  
Sales & Service*

**John Jansen**  
Director of Training

jansen@bertsbikes.com

**Main Office:**  
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Orchard Park, NY 14127  
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Fax: 716-646-3829

**Tonawanda:**  
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Tonawanda, NY 14150  
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**Williamsville:**  
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Williamsville, NY 14221  
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Fax: 716-633-1139

**Henrietta:**  
100 Jay Scutti Blvd.  
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Phone: 585-424-2777  
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## Niagara Frontier Bicycle Club

*Congratulations to David G., still climbing the big hills!*

