

# NFBC Newsletter

August/September 2021

We Ride Every Day

Volume 52 Issue 3

## Dates to Remember

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August 29th

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## The Club Picnic is Back!

NFBC will hold its summer picnic on Sunday, August 29<sup>th</sup> after the morning rides. Ride sign-in will be in the large parking lot on the left, from the Como Park Blvd entrance. Ride and picnic parking can be found there or by the picnic location – the Large Gazebo – within view. There are nearby restrooms for a quick change before lunch. The rides will commence at **9:00 a.m.** Multiple ride options range between 17 and 48 miles, with varying levels of difficulty.

The picnic is free for all members. If you haven't paid your membership dues yet, you may pay by cash or check (made to NFBC) when you sign in at the picnic. Family members and guests are welcome and sponsoring members may pay \$10 for each guest at the sign-in. Be sure to include any non-club attendees with your RSVP so that we order enough food.

Revised time!

A catered lunch will be served, starting at 12:45 p.m. Register your attendance after your ride or as you arrive (if you are not riding) and get your raffle ticket. Vegetarian and gluten-free options will be available. Water, iced tea and lemonade will be provided. Other beverages are Bring Your Own. CDC-influenced Covid precautions will be taken.

Tom's Pro Bikes will provide a number of e-bikes for attendees to try out. Be sure to take a ride on one or two. Many people enjoyed the bikes at the last picnic.

Remember the spectacular 2019 Dessert Competition? You can expect top-level desserts and judging once again. Prepare your very best for the enjoyment of your fellow riders and the top three will walk away with a prize. Place the name of the dessert on the top and the name of the dessert and chef on the bottom. If you are riding, bring your dessert to the Gazebo prior to your ride. Please make provisions if it must remain chilled.

RSVP to Jane Armbruster at [janearmbruster@gmail.com](mailto:janearmbruster@gmail.com) or text 716-688-3943. Include your name and the number of guests. Picnic volunteers are encouraged and welcomed. Please indicate your interest in volunteering when you RSVP. RSVP deadline is Friday, August 6<sup>th</sup>.





## Ride Times

Most members are aware of the discussion about ride times which has been taking place over the course of this ride season. At issue is whether or not weekday ride time should continue to change from 6:00 PM in April, May, September and October to 6:30 PM in June, July and August or remain at 6:00 PM for the entire season. There are various arguments for both schedules and the policies of leaderless rides and no sign ins due to COVID have created a situation where many riders are starting rides at various times, especially on weekdays.

An email survey was conducted by the NFBC Board last month. All members who subscribe to the nfbcb@groups email list were sent a copy of the survey. There were 71 responses with approximately 60% in favor of keeping the ride time at 6:00 PM for the entire season. The Board has not made a decision on this issue and members can continue to voice their opinion to Liz Skelton at brightbluesky9@gmail.com.

Since July 11th Ride leaders have been taking sign ins before the ride start at all rides at the ride times posted on the website. Sign in is required for both members and guests. This will continue for the foreseeable future. Members will be notified if any further changes occur.

## Empire State Ride

Members,

The Empire State Ride supporting Roswell Park Comprehensive Cancer Center begins on Sunday, July 25th. NFBC will be well represented, as we have fourteen members on our team! We will proudly be wearing our NFBC jerseys on day 2 of the ride as we ride 80 miles from Yorktown Heights to Rhinebeck. On day 6 of the ride, we travel 83 miles from Weedsport to Spencerport and will be wearing jerseys donated by Tom's Pro Bike, which proudly displays our NFBC logo.

If you would like to support our team and Roswell Park Comprehensive Cancer Center, here is a link to the Niagara Frontier Bicycle Club (NFBC) fundraising page: [https://give.roswellpark.org/site/TR/SpecialEvents/General?team\\_id=7198&pg=team&fr\\_id=1640](https://give.roswellpark.org/site/TR/SpecialEvents/General?team_id=7198&pg=team&fr_id=1640) From there, you will see the list of members participating and can make a donation to any member of the team.

On behalf of Team NFBC, we appreciate the support and encouragement we have all received during our training. Feel free to come and cheer us on at the finish line on Saturday, July 31st. We are expected to arrive at Old Falls Street in Niagara Falls between 3:30 and 4:00 p.m.

Thanks!



## President's Message

The NFBC has always been a club that encourages members to enjoy bicycle riding with others at a similar riding ability. Riding in a group makes us more visible to car drivers and it is more fun to be with friends. As many of us get older and have medical issues that make it difficult to continue our cycling routines, some are turning to e-bikes. The club's policy is that all cyclists who can adhere to our rules for safety in the group are welcome. However, there are some common sense guidelines that we should agree to follow to make everyone's ride safe and enjoyable. Please see the article on riding in a group or pace line on page 7. Dave Dunkle put this together for us and it applies to any type of bike riding with us.

Pace line groups have typically been riding together for many years. They know each other's bike riding skills and trust that no one will do anything unexpected or deemed unsafe. Actually, this is true for riders in any 'speed' group. E-bikes handle a little differently than our road bikes. With the power assist, a rider can get up to higher speed than they are accustomed to and not tire as fast as other riders. E-bikes are heavier and need more time to stop than a conventional bike. This can make it tough to blend in without causing irregularities in the group.

Respect for everyone's safety and enjoyment of the ride is expected for all people on our rides. I suggest that new e-bike riders follow the group or pace line, at the back of the line, especially when the bike is new to the rider. The e-bike rider should ride with people who travel at a speed and skill level they once mastered on their road bike. Once people in the group are all comfortable and say it is okay, the e-bike might be able to take turns in the pace line.

When riding in an NFBC pace line, we typically take our turn at the front after the rider in the front signals and then pulls out to the left. At that point he pedals lightly and drifts back to the end of the line leaving the next person to take a turn in front. We take turns operating in this predictable way. We should not pull out of the middle of a pace line and sprint to the front unless invited to do so. When someone does this it is unexpected and creates a dangerous situation, whether on an e-bike or a regular road bike.

Remember to be careful, be courteous and be safe!

*Brenda Fischer*





# New Start

## Point



# KAZOO PARTY RIDE

**LABOR DAY, MONDAY, SEPT. 6**

The Kazoo Ride is a fun ride with easy to moderate terrain. **It starts at the Wendt Beach Parking Area, (behind the soccer fields) 7676 Lake Shore Rd., Derby NY 14047 at 10:00 AM. NOTE: Mind the speed limits in Derby. Tickets have been written in the past for speeds only 5 mph above what's posted.**

After the ride, head on over to Joan and Mike Maher's place in Lake View for a post ride party. The address is 1933 Hanley Drive, Lake View. From the ride start, turn left on Old Lake Shore Rd., turn Right on Sturgeon Point Rd. and turn left on Rt 5. Head east (towards Buffalo) on Route 5 for 4.4 miles, turn right onto Lakeview Rd., then about 0.7 miles up, turn right onto Hanley Dr. (Community Church on corner). Official party rules apply. Bring a dish to pass and, if you can, some chairs. Joan will pick up dishes at the ride start.

### New Sunshine Committee Chairperson

Terry Turski has been Sunshine Committee Chairperson for years and has retired! Judy LiPuma has graciously volunteered as the new Sunshine Committee Chairperson! If you know of any Club member who is sick or injured and needs some sunshine, please contact Judy by email: [lipumaj@aol.com](mailto:lipumaj@aol.com), or by phone or text: 716-480-8001. Thank you to both Terry and Judy!







**NFBC Officers**

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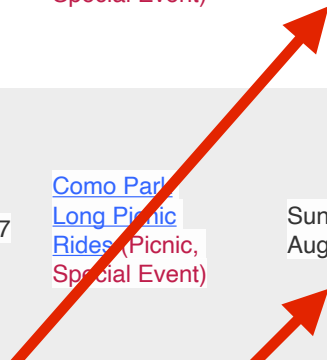


## August Ride Schedule

405	<a href="#">Sing n' Scream</a>	Sun, 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>	<b>Needs ride leader. Volunteer here.</b>
380	<a href="#">Greycliff Ride</a>	Sun, Aug 1	9:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	52 / 42	2500 / 1000	<a href="#">DIFF / MOD</a>	<b>Needs ride leader. Volunteer here.</b>
702	<a href="#">Royaltan Ravine</a>	Sat, Aug 7	9:00 AM	<a href="#">Clarence Central Elementary School (near Goodrich), Clarence</a>	45 / 34	632 / 398	<a href="#">MOD / EZ</a>	<b>Needs ride leader. Volunteer here.</b>
292	<a href="#">Frog Valley (The Sunset Bay Ride)</a>	Sat, Aug 7	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>	<b>Needs ride leader. Volunteer here.</b>
368	<a href="#">Lake O Century (Special Event)</a>	Sun, Aug 8	<b>7:00 AM</b>	<a href="#">Nelson C. Goehle Marina (Wide Waters), Lockport</a>	96	860	<a href="#">DIFF</a>	<b>Needs ride leader. Volunteer here.</b>
369	<a href="#">Lake O Metric and Short</a>	Sun, Aug 8	9:00 AM	<a href="#">Nelson C. Goehle Marina (Wide Waters), Lockport</a>	61 / 30	1102 / 547	<a href="#">MOD / EZ</a>	<a href="#">Tim Cleary (716 807 7174)</a>
86	<a href="#">Ski Country</a>	Sun, Aug 8	9:00 AM	<a href="#">Sprague Brook Park (Parking Lot), Glenwood</a>	43 / 34	2913 / 2560	<a href="#">XD</a>	<b>Needs ride leader. Volunteer here.</b>
456	<a href="#">Creeks and Rapids</a>	Sat, Aug 14	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>	<b>Needs ride leader. Volunteer here.</b>
341	<a href="#">Hamburg to Collins</a>	Sat, Aug 14	9:00 AM	<a href="#">Parking Lot behind fire hall, Hamburg</a>	41 / 31 / 21	1800 / 1400 / 750	<a href="#">MOD</a>	<b>Needs ride leader. Volunteer here.</b>
389	<a href="#">Erie Canal Double Cross (Updated)</a>	Sun, Aug 15	9:00 AM	<a href="#">West Canal Park (Near Niag. Falls Blvd), Pendleton</a>	43 / 38 / 24	877 / 823 / 344	<a href="#">MOD / EZ</a>	<b>Needs ride leader. Volunteer here.</b>
254	<a href="#">Loose Goose</a>	Sun, Aug 15	9:00 AM	<a href="#">Parking Lot @ Ronni's Pizzeria (Rt. 16, 0.1 miles before Holland Glenwood Road), Holland</a>	44 / 34	3389 / 2343	<a href="#">XXD / DIFF</a>	<b>Needs ride leader. Volunteer here.</b>

August Ride Schedule Continued

429	<a href="#">SPOTLIGHT Feel the Breeze (Special Event)</a>	Wed, Aug 18	10: 00 AM	<a href="#">Behind Captain Kidz Restaurant (E. Center Str. SR31), Medina</a>	43 / 39 / 26	926 / 861 / 557	<a href="#">EZ</a>	<a href="#">Elizabeth Skelton (716-400-6091)</a>
412	<a href="#">Bizarro Millgrove</a>	Sat, Aug 21	9:00 AM	<a href="#">Clarence Middle School, Clarence</a>	32 / 25	600 / 300	<a href="#">EZ</a>	<b>Needs ride leader. Volunteer here.</b>
333	<a href="#">Run to Randolph</a>	Sat, Aug 21	9:00 AM	<a href="#">Ellicottville Town Park, Ellicottville</a>	55	4000	<a href="#">DIFF</a>	<b>Needs ride leader. Volunteer here.</b>
411	<a href="#">Houses of the Holy</a>	Sun, Aug 22	9:00 AM	<a href="#">Elma Meadows Park (Girdle &amp; Rice Rds), Elma</a>	41 / 26	2800 / 1600	<a href="#">XD / DIFF</a>	<b>Needs ride leader. Volunteer here.</b>
169	<a href="#">Elma-Marilla</a>	Sun, Aug 22	9:00 AM	<a href="#">Lancaster Opera House (side parking lot on Clark St), Lancaster</a>	~2 7-2 8	1135 / 887	<a href="#">EZ</a>	<b>Needs ride leader. Volunteer here.</b>
422	<a href="#">Thilk Road</a>	Sat, Aug 28	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 / EZ</a>	<b>Needs ride leader. Volunteer here.</b>
285	<a href="#">Let's Do Some Hills</a>	Sat, Aug 28	9:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	51	4712	<a href="#">XXX</a>	<b>Needs ride leader. Volunteer here.</b>
406	<a href="#">Como Park Short Picnic Rides (Picnic, Special Event)</a>	Sun, Aug 29	9:00 AM	<a href="#">Como Park (MORNING: First parking lot on the right from Como Park Blvd entrance / EVENING: large parking lot on the left from the Como Park Blvd entrance before the 4-way stop sign , Lancaster</a>	48 / 35 / 22 / 17	1136 / 702 / 400 / 310	<a href="#">MOD / EZ</a>	<b>Needs ride leader. Volunteer here.</b>
407	<a href="#">Como Park Long Picnic Rides (Picnic, Special Event)</a>	Sun, Aug 29	9:00 AM	<a href="#">Como Park (MORNING: First parking lot on the right from Como Park Blvd entrance / EVENING: large parking lot on the left from the Como Park Blvd entrance before the 4-way stop sign , Lancaster</a>	45 / 34	1800 / 1300	<a href="#">DIFF / MD</a>	<b>Needs ride leader. Volunteer here.</b>



**Ride Times  
Revised!**

# September Ride Schedule

362	<a href="#">Clarence to Alden</a>	Sat, Sep 4	10:00 AM	<a href="#">Clarence High School, Clarence</a>	43 / 25	600 / 300	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
435	<a href="#">Oom-pah-pah!</a>	Sat, Sep 4	10:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	37 / 24	2259 / 1183	<a href="#">XXD / MOD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
443	<a href="#">Mike's City Ride</a>	Sun, Sep 5	10:00 AM	<a href="#">Como Park (MORNING:First parking lot on the right from Como Park Blvd entrance / EVENING: large parking lot on the left from the Como Park Blvd entrance before the 4-way stop sign ), Lancaster</a>	~27	324	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
370	<a href="#">Sandy's Pat's New Old Ride</a>	Sun, Sep 5	10:00 AM	<a href="#">Parking Lot behind fire hall, Hamburg</a>	43 / 28	1800 / 1200	<a href="#">DIFF / MD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
448	<a href="#">KazooKlassic Revised (Party, Special Event)</a>	Mon, Sep 6	10:00 AM	<a href="#">Wendt Beach State Park, Derby</a>	~21-37	1273 / 686 / 676	<a href="#">MOD / EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
417	<a href="#">Westwood to Eastwood</a>	Sat, Sep 11	10:00 AM	<a href="#">Westwood Park, Lancaster</a>	33 / 23	860 / 662	<a href="#">MOD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
392	<a href="#">Flamingo Ride</a>	Sat, Sep 11	10:00 AM	<a href="#">Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales</a>	33 / 26	2000 / 1200	<a href="#">DIFF / MOD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
912	<a href="#">Welland Canal (International, Special Event)</a>	Sun, Sep 12	<b>9:00 AM</b>	<a href="#">Hatch (In front of The Hatch restaurant.), Buffalo</a>	64		<a href="#">MD</a>	<a href="#">Ian Currie (601-7390)</a>
767	<a href="#">Bunker Hill Road</a>	Sun, Sep 12	10:00 AM	<a href="#">Clarence Central Elementary School (near Goodrich), Clarence</a>	34 / 25	457 / 353	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
381	<a href="#">Emery Bored</a>	Sun, Sep 12	10:00 AM	<a href="#">Emery Park, Wales</a>	44	1600	<a href="#">MD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
780	<a href="#">Sand Hill Double</a>	Sat, Sep 18	10:00 AM	<a href="#">Clarence Central Elementary School (near Goodrich), Clarence</a>	32 / 28	1160 / 568	<a href="#">DIFF / MOD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
387	<a href="#">Zoar Valley</a>	Sat, Sep 18	10:00 AM	<a href="#">Chestnut Ridge Park (Casino Lot), Orchard Park</a>	42 / 26	3100 / 1500	<a href="#">XXD / MD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
207	<a href="#">Multiple Choice Century</a>	Sun, Sep 19	<b>8:00 AM</b>	<a href="#">Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst</a>	103	1371	<a href="#">XD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
205	<a href="#">Multiple Choice Short</a>	Sun, Sep 19	10:00 AM	<a href="#">Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst</a>	31	174	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
206	<a href="#">Multiple Choice Metric</a>	Sun, Sep 19	10:00 AM	<a href="#">Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst</a>	62	629	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
259	<a href="#">Half Baked Buns</a>	Sat, Sep 25	10:00 AM	<a href="#">Parking Lot behind fire hall, Hamburg</a>	34	1768	<a href="#">DIFF</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
732	<a href="#">Becker Farms Fiesta</a>	Sat, Sep 25	10:00 AM	<a href="#">Nelson C. Goehle Marina (Wide Waters), Lockport</a>	41 / 34 / 27	804 / 548 / 404	<a href="#">EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
227	<a href="#">Boston Baked Buns</a>	Sat, Sep 25	10:00 AM	<a href="#">Parking Lot behind fire hall, Hamburg</a>	55	3229	<a href="#">XXD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
410	<a href="#">Dutch Hollow</a>	Sun, Sep 26	10:00 AM	<a href="#">Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales</a>	32 / 26	2500 / 1500	<a href="#">DIFF / MD</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>
371	<a href="#">Clarence-Wales</a>	Sun, Sep 26	10:00 AM	<a href="#">Parking lot on Sawmill (at Main St.), Clarence</a>	45 / 28	1800 / 628	<a href="#">MD / EZ</a>	<b>Needs ride leader.</b> <a href="#">Volunteer here.</a>



## Introduction to Pacelines

There are two types of pacelines that you see in the club. One is the more formalized line that most people associate with a paceline and is used by more experienced riders, usually the faster club riders who ride together regularly. The second is more informal and used by less experienced riders and riders that are not especially interested in riding as fast as possible. Both of these have variations and they are both social. They both also have the major goal of making the ride as comfortable as possible for the group, especially on windy days. This article will focus on the customs that newer riders should know and how that type of line usually works.

The “informal” paceline usually forms partially before the start and partially as the ride progresses. Riders will join and drop out as the ride goes on. It can be difficult for a rider new to the group to determine what group to get into at the start but as the ride goes on it becomes more apparent where you fit. Best thing to do is drop in to a line that has formed and go with it. Hang in the back for a while and determine if the pace is good for you and if so, stay in it and take your turn moving through the line. You will be able to observe which way the leader pulls out and what the pace is. You should ask if you are unsure of anything.

The most important thing in a paceline is to keep it safe, keeping it safe requires communication among the group. Everyone should know the basic signals of road safety such as pointing out hazards and also the signals of what riders intend to do, turning, slowing stopping, etc.

You must ride straight and smoothly. Practice riding on the road stripe and maintaining a steady pace. In the line, don't focus on the wheel directly in front of you, look for hazards ahead and if it is necessary to brake, do so smoothly, don't slow suddenly. Stay a bit back from the wheel in front until you gain more experience and confidence. When going through a turn, it is important to hold your line, that is if you are taking a turn to the outside, stay on the outside, do not cross to the inside as a rider may be taking an inside line. The inside rider must also stay on the inside line. Do not rapidly accelerate out of turns, gradually increase speed to get back to the pace.

In more formal pacelines everyone is expected to take a turn at the front and pull the group. Usually the leader pulls for a short time and signals that he or she will pull off and let the next rider take over. The leader indicates when she is going to pull off, the usual signal is either pointing in the direction she is going to go or slapping her hip on that side. The usual direction is to pull to the left but under certain conditions it may be to the right. This needs to be communicated, especially when new riders are in the group. If you are not sure, ask. The leader pulling off will let the line pass on the right (usually) until the last rider passes and then pulls back in. (Continued P.8)



Pacelines, continued,

The same applies in less formal lines except in those lines not everyone is expected to take a turn at the front. Many times stronger riders will pull longer and more often than less strong riders. If you are tired and/or are riding in a group that is somewhat stronger it is okay to stay in the back and indicate to others to pull in front of you as they cycle back from the front. What is not okay is to sit in the back of the group for several cycles and then get to the front and pull away from the group.

Pace is the key word. When a rider takes over the lead, he or she should maintain the pace that the line has been holding. It is common for riders taking over the lead to speed up; this disrupts the pace and leads to riders tiring quicker. Note the pace on your computer so you know what speed to hold.

So join a line and have fun.

### **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!





# Welcome New Members

Denise Doucette, Louis A Schriver, Luke Austin Schriver, Heather A Ring, Timothy James Galvin, Len Simms, Brian Tofflemire, Maria Pozantidis, Christine (Chris) Terranova, Robin Laible, Kyle J Marcinkowski, Mike Steinwachs, Kim Grantham, Mike Grantham, Jeff Bottlinger, Grace Bottlinger, Kerry Bottlinger, Steven Wehling, Laurie Kennedy, William Thomas Morgan, Matthew Swerdlin, Joseph Fischer, John Dixon, Cindy Gow,

## 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 JudyLiPuma, Sunshine Chairperson. Please contact Judy by email: [lipumaj@aol.com](mailto:lipumaj@aol.com), or by phone or text: 716-480-8001. NFBC cares about its people!

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...
2. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury...
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...

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

PRIMARY MEMBER NAME/GUARDIAN SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT SECOND MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT THIRD MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT FOURTH MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

\* 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) Dues Paid 2020 (no fee for 2021) \_\_\_\_\_ (Submitted for waiver)

Send check payable to NFBC (if applicable) along with signed application to: NFBC

c/o Charles Grammer

2801 George St Eden, NY 14057

www.nfbc.com





# Support Your Local Bike Shop



tlonzi@tomsprobike.com

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Owner

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<b>Tonawanda:</b>	1550 Niagara Falls Blvd. Tonawanda, NY 14150 Phone: 716-837-4882 Fax: 716-837-1307
<b>Williamsville:</b>	7510 Transit Rd. Williamsville, NY 14221 Phone: 716-634-4882 Fax: 716-633-1139
<b>Henrietta:</b>	100 Jay Scutti Blvd. Henrietta, NY 14623 Phone: 585-424-2777 Fax: 585-424-7482



## Niagara Frontier Bicycle Club

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