

NFBC NEWSLETTER



Dates to Remember

- March 11, First Ride of the Season, St. Pat's
- February 17, NFBC Annual Spring Meeting
- Aug. 4-5, CanAm 7

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NFBC Annual Spring Meeting: Fri. Feb 17

The NFBC Annual Spring General Meeting will be held at 7PM on Friday, February 17 at the Harris Hill Volunteer Fire Hall, located at **8630 Main St** in Clarence. To reach it, go east on Main St. past Transit Road, and the Fire Hall is just past Harris Hill Rd. Learn about trips and other plans for the 2012 season. Refreshments will be served.



Congratulations to 2011 Award Winners!

President's Award
Ride Leader of the Year
Volunteer of the Year
Outstanding Service

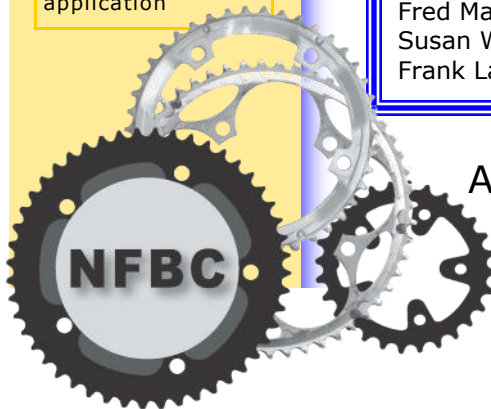
David Gonzalez
 Bob Alessi
 Pat Danaher
 Elaine Rubenstein

High Overall Mileage
1st Male High Mileage
1st Female High Mileage
2nd Male High Mileage
2nd Female High Mileage
3rd Male High Mileage
3rd Female High Mileage
1st New Male
1st New Female

Loren & Pat Danaher, 3519 mi.
 Mohamed Zeid, 3224 mi.
 Karen Sprada, 2851 mi.
 Bob Alessi, 2699 mi.
 Lori Harf, 2374 mi.
 Robert Lubelski, 2642 mi.
 Elaine Rubenstein, 2325 mi.
 Jack Rimlinger, 1858 mi.
 Annie Schuster, 717 mi.

Accumulated Mileage

50,000 mile club: Bob Alessi. **45,000:** Bruce Jansen, Bob Silkes.
40,000: Diane Currie. **35,000:** Patrick Danaher, Ian Currie.
30,000: Barbara Reade. **25,000:** Ron Kalka, Linda Kalka, David Klock. **20,000:** Matthew Luly, Janice Cochran, Bruce Kennedy.
15,000: Frank Soltiz, Dennis Powell, Robert Mahaney, Elaine Rubenstein, Lincoln Blaisdell. **10,000:** Colin Fritz, Greg Heim, Karen Ostrum, Fred Marcheson, Michael Dupre, Jody Snyder, . **5,000:** Peg Walker, Susan Williams, Bill Harrington, Mary Ann Waldman, Attilio Nicosia, Frank LaMarca, Brigitte Soltiz.



All NFBC memberships expire on February 29, 2012. Use the Membership Application on page 11 to renew your membership now.

Three "firsts" at Nov. 18 Banquet: a tie, bike shops, 50 in 50!

The Niagara Frontier Bicycle Club celebrated the 2011 riding season at the annual banquet, held November 18 at the Fox Valley Country Club. Members were honored for outstanding accomplishments and service to the club (see box on page 1); three of the awards made this year unique.

For the first time in NFBC history, two people were tied for the top mileage honor. Loren and Pat Danaher (wife and husband) each rode 3349 miles with the club!

This year the NFBC Board chose to honor and express appreciation to the two bike shops which have consis-

tently supported our club's activities. Tom's Pro Bikes (Tom Lonzi) was recognized for generous support of and contributions to many of our clubs activities, including the CanAm rides, club picnic, and more! Bert's Bikes (Bert Dunn and Jim Costello) was recognized for generous support of our CanAm rides.

Liz Skelton took the podium to present our President/Emcee with a sweatshirt embroidered with "Linc Blaisdell, 50 Centuries in 50 States, 1989-2011" to commemorate his unique achievement.

A special "thank you" to Liz Skelton for once again organizing a wonderful event!



Left: members enjoying themselves at the NFBC banquet, left to right Alan Frederick, Liz Skelton, Paul Sprada, Jim Vozga, Karen Sprada, and Jean Frederick.



Right: Ride Leader of the Year Bob Alessi.

Get ready for CanAm 7: Volunteer and/or Ride August 4-5,

CanAm 7 is set for August 4-5, 2012. NFBC's popular multi-distance cycling event will return again to the Frank Lloyd Wright Fontana Boat House. The organizing committee, chaired by Linc Blaisdell and Rebecca Ribis, is well along in planning and preparation for the event.

Planning for CanAm7 began last fall, when the committee was faced with a dilemma: the Boat House, which has come to be a popular and convenient home base for the event, was not available for any weekend in August. The options were to change the event to September, or move it to an alternate site. The committee considered Aug/Sept weather patterns and pursued other suitable locations, principally the Buffalo Zoological Gardens, Delaware Park, and Buffalo State University, but at the eleventh hour Bob Mahaney, our liaison with the Boat House, learned that a cancellation had re-opened the August 4-5

weekend at the Boat House. The committee grabbed it immediately!

With the date and location now secure, the work has begun in earnest. Many positions on the organizing committee remain unchanged, but new leaders will be needed for rest stops and clean-up. Many more volunteers are needed to help with route-marking, rest stops, and food. If you wish to volunteer, contact Linc Blaisdell (linc43@roadrunner.com or 479-9431) or Rebecca Ribis (rebeccachristene@hotmail.com or 837-0089).

Whether you volunteer to work on it or ride in it, or both, CanAm7 promises to be another great NFBC cycling experience. Save the date (and register early) so that you can help make the event a success by doing what you like to do best--RIDING.

NFBC Standings - Page 1 of 42 - (Printed 11/10/2011)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
					1st Overall (tie) 35,000 Club Volunteer of the Year Award						
957	112	3519	Patrick Danaher	R	3,000 Certificate	3519	1	::		37016	17
2364	112	3519	Loren Danaher	R	3,000 Certificate	3519	1	::		9081	101
2106	95	3224	Mohamed Zeid	R	1st Male 3,000 Certificate	3224	3	::		8574	105
432	108	2851	Karen Sprada	R	1st Female 2,000 Certificate	2851	4	::		49213	5
					2nd Male 50,000 Club Ride Leader of Year Award						
123	102	2699	Bob Alessi	R	2,000 Certificate	2699	5	::		50255	4
2487	109	2642	Robert Lubelski	R	3rd Male 2,000 Certificate	2642	6	::		2921	173
169	103	2626	Ed Peters	R	Most Rides 2,000 Certificate	2626	7	::		58321	3
1434	77	2538	Fred Marcheson	R	10,000 Club 2,000 Certificate	2538	8	::		10538	92
40	82	2478	Alex Setlik	R	2,000 Certificate	2478	9	::		69105	1
1447	81	2397	Thomas A. Williams	R	2,000 Certificate	2397	10	::		14640	65
1870	78	2394	Frank Soltiz	R	15,000 Club 2,000 Certificate	2394	11	::		16734	55
61	97	2374	Lori Harf	R	2nd Female 2,000 Certificate	2374	12	::		48706	6
					3rd Female 15,000 Club Outstanding Service Award						
1576	93	2325	Elaine Rubenstein	R	2,000 Certificate	2325	13	::		15315	63
2248	68	2267	Peg Walker	R	5,000 Club 2,000 Certificate	2267	14	::		7135	119
703	80	2221	Arlene Lepie	R	2,000 Certificate	2221	15	::		33920	22
503	78	2131	Michael Dusing	R	2,000 Certificate	2131	16	::		8488	106
165	90	2090	Brad Chase	R	2,000 Certificate	2090	17	::		64310	2
2382	71	2074	Sandra Kaminski	R	2,000 Certificate	2074	18	::		2999	170
1513	64	2050	Robert Nowinski	R	2,000 Certificate	2050	19	::		9257	100
972	69	2009	Jim Karnath	R	2,000 Certificate	2009	20	::		13604	68
110	65	2003	John Kozinski	R	2,000 Certificate	2003	21	::		19181	46
					President's Award "I Rode Exactly 2,000 Miles Award"						
16	66	2000	David Gonzalez	R	2,000 Certificate	2000	22	::		33009	23
664	66	1977	Ron Kalka	R	25,000 Club 1,000 Certificate	1977	23	::		25789	31
1119	47	1932	Dennis Powell	R	15,000 Club 1,000 Certificate	1932	24	::		15871	59
2136	60	1902	Colin E. Fritz	R	10,000 Club 1,000 Certificate	1902	25	::		11514	85
257	68	1892	Ian Currie	R	35,000 Club 1,000 Certificate	1892	26	::		35380	18
2582	67	1858	Jack Rimlinger	N	1st New Male 1,000 Certificate	1858	27	1858	1	1858	193
265	58	1844	Gary Stevens	R	1,000 Certificate	1844	28	::		47191	7
973	61	1835	Kathy Karnath	R	1,000 Certificate	1835	29	::		13076	71
2091	62	1822	Karen Ostrum	R	10,000 Club 1,000 Certificate	1822	30	::		10967	90
665	61	1807	Linda Kalka	R	25,000 Club 1,000 Certificate	1807	31	::		25577	32
1602	61	1762	Thomas Barone	R	1,000 Certificate	1762	32	::		18416	47

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Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
702	57	1727	Richard Lepie	R	1,000 Certificate	1727	33		::	28663	28
2181	51	1718	Darrell Skelton	R	1,000 Certificate	1718	34		::	8070	109
71	68	1701	Bob Silkes	R	45,000 Club 1,000 Certificate	1701	35		::	45084	9
2515	45	1663	Bradshaw Hovey	N	2nd New Male 1,000 Certificate	1663	36	1663	2	1927	191
939	41	1657	Tim Cleary	R	1,000 Certificate	1657	37		::	7625	113
2542	50	1654	Charles Grammer	N	3rd New Male 1,000 Certificate	1654	38	1654	3	1654	200
2297	47	1610	Julie Alsani	R	1,000 Certificate	1610	39		::	2843	175
1138	41	1595	Lincoln Blaisdell	R	15,000 Club 1,000 Certificate	1595	40		::	15010	64
80	50	1562	Bruce Jansen	R	45,000 Club 1,000 Certificate	1562	41		::	46419	8
78	58	1561	Betsy Dexheimer	R	1,000 Certificate	1561	42		::	12224	81
1536	68	1543	Greg Heim	R	10,000 Club 1,000 Certificate	1543	43		::	10995	89
306	51	1493	Diane Currie	R	40,000 Club 1,000 Certificate	1493	44		::	40241	13
2025	60	1423	Susan Williams	R	5,000 Club 1,000 Certificate	1423	45		::	6185	132
2316	47	1418	Brigitte Soltiz	R	5,000 Club 1,000 Certificate	1418	46		::	5065	144
122	52	1414	Susan Alessi	R	1,000 Certificate	1414	47		::	28377	29
235	46	1387	Joseph Pizzuto	R	1,000 Certificate	1387	48		::	22829	35
2583	40	1386	Barry Sternberg	N	1,000 Certificate	1386	49	1386	4	1386	209
2391	44	1331	Richard Tesmer	R	1,000 Certificate	1331	50		::	3548	160
59	59	1324	Larry Reade	R	1,000 Certificate	1324	51		::	26476	30
245	40	1317	Robert Puleo	R	1,000 Certificate	1317	52		::	29460	27
1128	41	1309	Peter Leyonmark	R	1,000 Certificate	1309	53		::	12595	74
1537	40	1296	Janice Cochran	R	20,000 Club 1,000 Certificate	1296	54		::	20543	41
1885	34	1273	Carl Mach	R	1,000 Certificate	1273	55		::	12577	75
1515	45	1272	Kathy Finnegan	R	1,000 Certificate	1272	56		::	9958	96
234	50	1267	James Sawyer	R	1,000 Certificate	1267	57		::	32198	24
1255	42	1250	Gordon Deitrick	R	1,000 Certificate	1250	58		::	19716	43
1884	53	1233	Paul D. Aquila	R	1,000 Certificate	1233	59		::	13231	70
1369	31	1232	Cindy Stachowski	R	1,000 Certificate	1232	60		::	12366	77
1788	35	1227	Brenda Fischer	R	1,000 Certificate	1227	61		::	21787	37
1249	46	1222	Matthew Luly	R	20,000 Club 1,000 Certificate	1222	62		::	20834	40
1122	40	1216	Marty Payne	R	1,000 Certificate	1216	63		::	18229	48
1997	47	1205	Michael Dupre	R	10,000 Club 1,000 Certificate	1205	64		::	10483	93
639	47	1180	James Mathews	R	1,000 Certificate	1180	65		::	9871	98
1691	39	1178	Jody Snyder	R	10,000 Club 1,000 Certificate	1178	66		::	10477	94
170	47	1173	Pat Peters	R	1,000 Certificate	1173	67		::	34834	19
461	50	1122	Barbara Reade	R	30,000 Club 1,000 Certificate	1122	68		::	31049	25
1514	41	1118	Jeff Baker	R	1,000 Certificate	1118	69		::	7824	111
1629	35	1118	Bill Harrington	R	5,000 Club 1,000 Certificate	1118	69		::	5575	139
1106	41	1093	David Klock	R	25,000 Club 1,000 Certificate	1093	71		::	25265	33
35	41	1089	Jean Frederick	R	1,000 Certificate	1089	72		::	43370	10
1375	35	1079	Robert J. Mahaney	R	15,000 Club 1,000 Certificate	1079	73		::	15485	62
385	41	1075	Barry Waldman	R	1,000 Certificate	1075	74		::	6193	131
1605	39	1068	Attilio Nicosia	R	5,000 Club 1,000 Certificate	1068	75		::	5367	142
900	30	1051	Tris Orzech	R	1,000 Certificate	1051	76		::	19220	45
2421	30	1031	Margaret Rockwood	R	1,000 Certificate	1031	77		::	2276	185
384	38	1004	Mary Ann Waldman	R	5,000 Club 1,000 Certificate	1004	78		::	5559	140

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2537	29	1004	Randall Shortridge	N	1,000 Certificate	1004	78	1004	5	1004	232
					"I Rode Exactly 1,000 Miles Award" 1,000 Certificate						
2092	32	1000	Gary Ostrum	R		1000	80		::	6663	127
2012	30	996	Gwendolyn Macool	R		996	81		::	7497	114
1632	34	985	Richard Swank	R		985	82		::	7960	110
1226	40	981	Sandy Nobel	R		981	83		::	14264	67
1183	34	952	John Herman	R		952	84		::	9024	102
2503	30	945	Sandy Bunn	R		945	85		::	990	234
1340	34	944	Jim Kuberka	R		944	86		::	19394	44
118	41	919	Bill Tambacas	R		919	87		::	21801	36
378	40	919	Rebecca Ribis	R		919	87		::	34167	21
2246	36	871	Terry Turski	R		871	89		::	3749	155
1120	23	863	Janice Powell	R		863	90		::	6133	134
2039	30	859	Sean McGovern	R		859	91		::	3189	168
1966	25	853	Bill Dowling	R		853	92		::	7077	121
1734	27	851	Ralph Yacinthe	R		851	93		::	7095	120
757	31	843	Bruce Kennedy	R	20,000 Club	843	94		::	20482	42
2147	29	833	Michael Maher	R		833	95		::	7019	123
662	25	830	Cynthia Adams	R		830	96		::	17229	53
333	30	803	Judy Yager	R		803	97		::	1613	203
1349	29	792	Jane Ambruster	R		792	98		::	8854	103
284	30	790	Lin Michalczak	R		790	99		::	37229	16
212	19	747	Paul Castle	R		747	100		::	24607	34
2063	27	740	Benjamin Badagliacca	R		740	101		::	1437	207
1195	19	726	Ronald Wakefield	R		726	102		::	17567	52
2578	25	717	Annie Schuster	N	1st New Female	717	103	717	6	717	251
2112	23	712	Dan Murdock	R		712	104		::	6340	129
2584	25	709	Daniel Kunz	N		709	105	709	7	709	253
1396	22	685	Terry Griswold	R		685	106		::	11577	84
2340	24	678	Valerie Aronson	R		678	107		::	2546	178
1104	22	661	Steve Pusatier	R		661	108		::	4875	146
1397	21	660	Lucinda Griswold	R		660	109		::	11228	86
1659	21	645	Adrienne McDonough	R		645	110		::	9892	97
2445	17	638	Joseph Rizzo	R		638	111		::	1459	206
29	25	626	Marion Reslow	R		626	112		::	18060	49
2565	17	622	Jaime Kittleson	N		622	113	622	8	622	265
575	16	609	John Clauss	R		609	114		::	11179	87
2236	18	601	Michelle Smith	R		601	115		::	3516	161
1783	19	598	John McClory	R		598	116		::	6161	133
2469	25	597	Bernadette Tomaselli	R		597	117		::	949	239
2606	18	585	Sandy Walters	N	2nd New Female	585	118	585	9	585	267
1769	16	572	Loren Wehling Jr.	R		572	119		::	6664	126
1488	18	553	Peter S. Swartwout	R		553	120		::	5672	138
2346	20	539	Richard McCarthy	R		539	121		::	1622	202
1868	21	510	Susan Stemerman	R		510	122		::	6198	130
2059	15	499	Steve Forrestel	R		499	123		::	5992	135
2548	15	497	Michelle Sahli	N	3rd New Female	497	124	497	10	497	273
2486	21	495	Rachel Struckman	R		495	125		::	1349	211
2543	11	491	Dennis Borden	N		491	126	491	11	491	274
2086	15	485	Bruce Coffee	R		485	127		::	3619	157
1374	19	473	Joe Giovenco	R		473	128		::	2712	176
560	19	461	Gerald Gardner	R		461	129		::	12657	73
1018	13	457	Paul Sienkiewicz	R		457	130		::	15674	61
2477	14	454	Bryan Hopkins	R		454	131		::	885	242
2475	12	453	David Bero	R		453	132		::	885	242
2256	15	448	Jeff Raugh	R		448	133		::	1730	197
2308	21	443	Wolfgang Buechler	R		443	134		::	1331	212
2177	16	441	Joann Cronenberg	R		441	135		::	3219	167
2444	11	439	John Knab	R		439	136		::	664	262
28	17	429	Roy Tocha	R		429	137		::	40735	11
1466	14	419	Charles J. LaChiusa	R		419	138		::	2048	188

NFBC Standings - Page 4 of 42 - (Printed 11/10/2011)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2505	8	417	Mary Hughes	R		417	139		::	706	255
1155	15	404	Melissa Nicosia	R		404	140		::	3557	159
2317	14	402	Vincent Shaw	R		402	141		::	2903	174
459	17	391	Christine Luly	R		391	142		::	4194	151
2586	7	391	Pat Carroll	N		391	142	391	12	391	282
2358	10	384	James Knab	R		384	144		::	1475	204
2388	10	382	Dave Barth	R		382	145		::	1266	219
130	12	378	John King	R		378	146		::	12524	76
2225	17	378	Harry Slocum	R		378	146		::	1275	218
2516	13	377	Ralph Allen	N		377	148	377	13	454	275
2550	16	376	Andrew Hochworter	N		376	149	376	14	376	284
2579	10	368	Mike de Freitas	N		368	150	368	15	368	286
651	10	364	John Tjahjadi	R		364	151		::	3813	153
443	13	362	Tim Leach	R		362	152		::	17931	50
1345	16	357	Raymond Thomas	R		357	153		::	9303	99
12	15	352	Jim Vozga	R		352	154		::	34311	20
1592	13	332	Steve Dunlap	R		332	155		::	4370	149
2416	14	326	Chris Irene	R		326	156		::	1321	214
1270	9	322	Gary Schlau	R		322	157		::	21408	39
2432	11	321	Billy MacDonald	R		321	158		::	987	236
1959	8	318	Joe Pautler	R		318	159		::	3777	154
2617	14	318	Michelle Lynn Bates	N		318	159	318	16	318	291
2348	14	316	Tim Riley	R		316	161		::	857	245
2125	7	315	Kevin Preston	R		315	162		::	3127	169
1960	7	314	Dan Schwenk	R		314	163		::	1150	225
1961	7	314	Kathy Schwenk	R		314	163		::	1182	224
2330	17	307	John Perry	R		307	165		::	958	237
2318	10	306	Laurie Shaw	R		306	166		::	2056	187
1906	8	305	Paul Kay	R		305	167		::	3347	164
2504	7	304	Robert Hughes	R		304	168		::	559	270
219	11	303	Joe Tocke	R		303	169		::	16456	56
1591	12	296	April Dunlap	R		296	170		::	7391	116
2615	6	278	Rick Nye	N		278	171	278	17	278	294
2245	10	273	Sandy Wallace	R		273	172		::	888	241
2535	9	264	Mark Ballachino	N		264	173	264	18	264	298
17	11	260	Paul Zsebehazy	R		260	174		::	40448	12
1205	9	259	Martin Peters	R		259	175		::	12234	80
34	2	254	Bob Ehrheart	R		254	176		::	11000	88
2186	2	254	Bradley Russell	R		254	176		::	827	246
2381	8	251	Don Kirst	R		251	178		::	811	247
2262	9	250	Ken Kieliszek	R		250	179		::	926	240
2338	5	248	Jay A. Pohlman	R		248	180		::	423	279
1874	10	242	Kathleen O'Connor	R		242	181		::	2340	183
2553	9	236	Bill Graves	N		236	182	236	19	236	303
2620	8	229	Joseph Quadrone	N		229	183	229	20	229	304
104	12	221	Marty Viggato	R		221	184		::	4188	152
2544	2	221	George Sinclair	N		221	184	221	21	221	305
1262	8	211	Gretchen Wisor	R		211	186		::	3374	162
2113	8	211	Amy Murdock	R		211	186		::	4742	147
2567	8	209	Dave Ward	N		209	188	209	22	209	309
1992	7	207	John McGuire	R		207	189		::	2454	180
1278	3	205	Frank J. LaMarca	R	5,000 Club	205	190		::	5134	143
2290	8	194	Mary Casey	R		194	191		::	994	233
1187	7	191	Sally Holmes	R		191	192		::	7384	117
688	7	187	Edward Hutton	R		187	193		::	6908	125
2558	5	185	Jim Page	N		185	194	185	23	185	316
2613	4	175	Jeffrey White	N		175	195	175	24	175	318
1738	6	174	Terry Brennan	R		174	196		::	1683	199
1739	6	173	Richard Parker	R		173	197		::	3647	156
433	3	170	Paul Sprada	R		170	198		::	7477	115
879	4	166	Frank Dedomenico	R		166	199		::	16963	54
2002	5	161	Sara Kay	R		161	200		::	1772	196
858	7	157	Peter Ziolo	R		157	201		::	17676	51
2580	4	154	Martin Gordon	N		154	202	154	25	154	325
2602	6	154	Brian Fisher	N		154	202	154	25	154	325

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Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2250	5	153	Pamela Walker	R		153	204		::	2063	186
1555	6	147	Mary Franzek	R		147	205		::	1958	190
2571	3	146	Jessica O'Neill	N		146	206	146	27	146	328
2156	3	145	Carol Lynn Stevens	R		145	207		::	277	295
2170	4	144	Paul Randall	R		144	208		::	2506	179
2478	4	143	Jewell Campbell	R		143	209		::	245	301
1878	5	138	Stephen Lewonka	R		138	210		::	3374	162
2281	1	138	Bill Loftus	R		138	210		::	211	308
977	4	134	Greg Eberhardt	R		134	212		::	4960	145
2575	5	133	Larry Moses	N		133	213	133	28	133	330
1031	5	132	Gayle Hutton	R		132	214		::	1819	195
2309	2	132	John W. Barclay	R		132	214		::	132	332
2278	5	130	Tom Wagar	R		130	216		::	156	324
1184	7	127	Judy Herman	R		127	217		::	1629	201
1381	6	126	Rich Bleyle	R		126	218		::	7373	118
2414	4	125	Chris Smith	R		125	219		::	354	287
2511	3	124	Christian Tjahjadi	N		124	220	124	29	382	283
2257	5	122	David Marcinkowski	R		122	221		::	1048	229
2375	4	113	Richard Reinhold	R		113	222		::	207	311
1448	3	111	Bruce Raines	R		111	223		::	707	254
1789	3	104	Michael S. Fischer	R		104	224		::	8431	107
2380	1	100	Andrew Moynihan	R		100	225		::	1858	193
2442	1	100	Charles Wonch	R		100	225		::	200	313
2489	1	100	Thomas Vadakin	R		100	225		::	208	310
2574	4	99	Rick Skomra	N		99	228	99	30	99	335
2600	3	99	Shyri Marazita	N		99	228	99	30	99	335
2614	4	97	Jasen VanCleve	N		97	230	97	32	97	337
2315	4	96	Dennis Kimball	R		96	231		::	1147	226
2157	1	95	Robert Stevens	R		95	232		::	165	321
2549	3	90	Jim Murphy	N		90	233	90	33	90	339
2164	2	89	Nick Roth	R		89	234		::	508	271
2060	3	86	Cathy Forrestel	R		86	235		::	703	258
2587	2	85	Emily Small	N		85	236	85	34	85	341
1808	3	82	Elaine McClory	R		82	237		::	1189	223
2310	3	80	Steve Aycock	R		80	238		::	187	315
2263	3	79	Debbie Kieliszek	R		79	239		::	564	269
2599	3	75	Tosca Miserendino	N		75	240	75	35	75	342
1984	3	74	Mary Lou Hoffman	R		74	241		::	1468	205
1265	2	73	Richard Ersing	R		73	242		::	1369	210
1633	2	73	Kathryn Swank	R		73	242		::	674	260
2609	2	73	David Hoover	N		73	242	73	36	73	344
2610	2	73	Barbara Hoover	N		73	242	73	36	73	344
13	3	71	Kathy Vozga	R		71	246		::	16153	58
1135	3	71	David Silverman	R		71	246		::	1235	221
2437	3	71	Greg Harvey	R		71	246		::	133	330
475	3	70	John Jenny	R		70	249		::	7055	122
2605	3	70	Jared Hughes	N		70	249	70	38	70	346
958	3	69	Colleen Danaher	R		69	251		::	3344	165
2607	3	69	Sheila Connors	N		69	251	69	39	69	349
1049	2	67	George Borowiec	R		67	253		::	958	237
2467	3	67	Carlos Torres	R		67	253		::	649	263
2576	3	63	Judyanne Bonafede	N		63	255	63	40	63	351
917	1	62	Confidential Member1	R		62	256		::	13592	69
2500	2	61	Scott Pearson	R		61	257		::	306	292
54	2	58	Brenda Knight	R		58	258		::	38968	14
2072	2	58	Al Browne	R		58	258		::	202	312
2616	2	54	John Burnham	N		54	260	54	41	54	353
2350	2	53	James Kay	R		53	261		::	129	333
2611	3	52	Dean Hall	N		52	262	52	42	52	354
2568	1	51	Chung S. Yi	N		51	263	51	43	51	356
2573	2	51	Peter Forrestel	N		51	263	51	43	51	356
2026	2	50	Christa Maier	R		50	265		::	1392	208
2547	2	49	Tom Hochworter	N		49	266	49	45	49	359
2554	2	48	James Turner	N		48	267	48	46	48	360
2355	1	45	John Zonitch	R		45	268		::	706	255

NFBC Standings - Page 6 of 42 - (Printed 11/10/2011)

Mem#	#Rides	Total Miles	Rider Name	Mem?	Award(s)	MemMi	RankO/A	NewMi	RankNew	Accum	RankAccum
2396	2	44	Murray Covello	R		44	269		::	67	350
2539	1	44	Maria Kay	N		44	269	44	47	44	361
2054	1	43	Mark Tittle	R		43	271		::	1020	231
2258	1	41	Donald Roesch	R		41	272		::	74	343
2449	1	41	Sean Bennett	R		41	272		::	150	327
2564	1	41	Jean Jurek	N		41	272	41	48	41	363
2593	2	41	Ross Bamford	N		41	272	41	48	41	363
2619	1	41	Steve White	N		41	272	41	48	41	363
571	1	39	Ron Spohn	R		39	277		::	2328	184
2226	2	38	Jan Slocum	R		38	278		::	444	276
2428	1	35	William Hobbs	R		35	279		::	745	249
2538	1	35	Brian Fitts	N		35	279	35	51	35	367
1221	1	34	Diane Marasciulo	R		34	281		::	8746	104
2302	2	33	Andre Lam	R		33	282		::	679	259
1277	1	32	Jeff Gardner	R		32	283		::	2922	172
2400	1	32	Carol Vanderberg	R		32	283		::	289	293
2514	1	32	John Gross	N		32	283	32	52	57	352
2448	1	30	Anne Bennett	R		30	286		::	194	314
2533	1	29	Valerie J. P. Rizzo	N		29	287	29	53	29	369
657	1	27	Sean Mc Atee	R		27	288		::	341	289
2116	1	26	James Bennett	R		26	289		::	270	297
2207	1	26	David Faltisco	R		26	289		::	322	290
55	1	25	Jim Knight	R		25	291		::	38935	15
220	1	25	Mary Alice Tocke	R		25	291		::	14579	66
476	1	25	Ellen Lawson	R		25	291		::	2593	177
1038	1	25	John Lamarca	R		25	291		::	10799	91
1250	1	25	Thomas Jordan	R		25	291		::	1042	230
1860	1	25	Jonathan A. Mugel	R		25	291		::	2393	182
2115	1	25	Diane Hastreiter	R		25	291		::	376	284
2422	1	25	Christopher Whalen	R		25	291		::	638	264
2518	1	25	Leslie Duggleby	N		25	291	25	54	91	338
2598	1	25	Jim Kreuzer	N		25	291	25	54	25	372
161	1	24	Ruth Schmidt	R		24	301		::	706	255
272	1	24	Al Gritzmacher	R		24	301		::	5770	137
2540	1	24	Jonathan Bottoms	N		24	301	24	56	24	373
2608	1	24	Michael Morrissey	N		24	301	24	56	24	373
1548	1	22	Mike Kirsch	R		22	305		::	167	319
870	1	20	Sherri Tiedemann	R		20	306		::	2946	171
2612	1	20	Leo Garrison	N		20	306	20	58	20	376
1542	1	19	Joseph R. Haun	R		19	308		::	219	306
2215	1	19	Elizabeth Zeid	R		19	308		::	19	378
208	1	18	Patrick O'Keefe	R		18	310		::	16255	57
210	1	18	Gay O'Keefe	R		18	310		::	15720	60
2247	1	18	Chris Blask	R		18	310		::	610	266
2534	1	18	Joshua Dubs	N		18	310	18	59	18	379
2410	1	17	Charles Miess	R		17	314		::	142	329
1198	1	16	Sarah Wakefield	R		16	315		::	1284	216

The ride standings are compiled and analyzed by Walter Kammer, based on sign-in sheets for rides through October 31, 2011. Members who signed in on one or more club rides in 2011 are listed here.



Summary of Present and Past NFBC Annual Awards—by Walt Kammer, 11/10/11

Annual NFBC Award Category	2011 Season		2010 Season		2009 Season		2008 Season		2007 Season	
	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles	Rider	Miles
First Overall	Patrick & Loren Danaher (exact tie)	3519	Loren Tretyakov	3349	Paul Castele	3785	Brenda Fischer	4141	Brenda Fischer	3607
First Male Rider	Mohamed Zeld	3224	Michael Dusing	3340	Collin E. Fritz	3686	Ed Peters	3182	Gary Stevens	3233
First Female Rider	Karen Sprada	2851	Karen Sprada	2873	Jean Frederick	2976	Karen Ostrum	2903	Lori Harf	3241
Second Male Rider	Bob Alessi	2699	Patrick Danaher	3314	Alex Setlik	3517	Patrick Danaher	3189	Ed Peters	3173
Second Female Rider	Lori Harf	2374	Jean Frederick	2542	Lori Harf	2820	Lori Harf	2779	Arlene Lepie	2688
Third Male Rider	Robert Lubelski	2642	Alex Setlik	3124	Gary Stevens	3405	Thomas Barone	3164	Carl Mach	3000
Third Female Rider	Elaïne Rubenstein	2325	Arlene Lepie	2398	Elaïne Rubenstein	2503	Elaïne Rubenstein	2769	Karen Sprada	2432
Most Rides	Ed Peters	2626	Ed Peters	2665	Thomas Barone	2947	Brad Chase	2633	Bob Silkes	2663
First Male New Member	Jack Rimlinger	1858	Joseph Rizzo	821	Christopher Mahoney	1248	David Marcinkowski	792	Darrell Skelton	1667
First Female New Member	Annie Schuster	717	Rachel Struckman	854	Loren Tretyakov	2213	Peg Walker	962	Susan Preston	870
Second Male New Member	Bradshaw Hovey	1663	Richard Vacanti	678	Richard Tesmer	1080	Michael W. Cormier	661	Paul Randall	1375
Second Female New Member	Sandy Walters	585	Bernadette Tomasselli	352	Brigitte Soltiz	1753	Michele Smith	909	Joann Cronenberg	721
Third Male New Member	Charles Grammer	1654	Billy MacDonald	666	Andrew Moynihan	1069	Ken Kleiszek	366	Colin E. Fritz	1360
Third Female New Member	Michelle Sahli	497	Mary Hughes	289	Valerie Aronson	978	Laura Stenkiewicz	878	Deborah Morrison	270
President's Award	David Gonzalez		Dennis Powell		Jean Frederick		Kathy Karmath		Bill McLaughlin	
Ride Leader of The Year	Bob Alessi		Thomas A. Williams		Matthew Luly		Diane Currie		John Herman	
Volunteer of The Year	Pat Danaher		Karen & Gary Ostrum		Dennis Powell		Frank Soltiz		Tom Williams & Sue Williams	
Outstanding Service	Elaïne Rubenstein		Rebecca Riblis		Thomas Barone		Lori Harf & Joe Pizzuto		Cindy Adams	
					Bob Mahaney		Mike Fischer			
					Elizabeth Williams					

NFBC General Statistics for year to date Ride Sheets posted to 11/10/2011	2011 News	Change 10 to 11	History		Change 09 to 10	History		Change 08 to 09	History		Change 07 to 08	History	
			Nov-10	Nov-11		Nov-09	Nov-10		Nov-08	Nov-09		Nov-10	Nov-07
Total Number of Miles Ridden by ALL riders:	216,431	3%	210,335	216,431	-10%	233,418	232,659	0%	232,659	1%	229,819	213,684	214,213
Total Number of Miles Ridden by NFBC Members:	200,298	5%	190,376	200,298	-10%	212,486	213,684	-1%	213,684	0%	214,213	13,971	15,255
Total Number of Miles Ridden by NEW Members:	17,121	76%	9,721	17,121	-55%	21,481	13,971	54%	13,971	-8%	15,255	18,975	15,606
Total Number of Riders to date (all, incl. guests):	7,347	1%	7,270	7,347	-8%	7,894	7,275	9%	7,275	-4%	7,602	307	550
Total Number of Riders to date (guests only):	545	-17%	654	545	-10%	724	307	136%	307	-44%	550	6,534	6,559
Total Number of Riders to date (renewed members):	6,270	0%	6,292	6,270	-2%	6,432	6,534	-2%	6,534	0%	6,559	434	493
Total Number of Riders to date (new members):	532	64%	324	532	-56%	738	434	70%	434	-12%	493	6,968	7,052
Total Number of Riders to date (all members):	6,802	3%	6,616	6,802	-8%	7,170	6,968	3%	6,968	-1%	7,052		
Total Number of Renewal Members in NFBC:	338	-1%	341	338	-5%	358	361	-1%	361	-3%	373		
Total Number of New Members in NFBC:	101	5%	96	101	-26%	129	112	15%	112	15%	97		
Number of Inactive Members (non-renewals):	2,181	5%	2,084	2,181	7%	1,947	1,843	6%	1,843	6%	1,744		
Number of Permanent MemberIDs Assigned:	2,620	3.9%	2,521	2,620	3.6%	2,434	2,316	5.1%	2,316	4.6%	2,214		
Total Number of Paid Members in NFBC:	439	0%	437	439	-10%	487	473	3%	473	1%	470		

Niagara Frontier Bicycle Club

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Mind-Body Winter Workshops for Athletes by Amy Moritz

Amy Moritz is a local writer, athlete, and blogger. "Through writing and speaking, I encourage others to find their own purpose through movement – whether it be competitive running, practicing yoga or striving for healthy living." Amy will be offering workshops this winter that may be of interest to NFBC members. **Jan. 14, 11-12:30 PM, Lessons from My Inner Athlete at Roycroft Campus, East Aurora.** "We all have an inner athlete offering us wisdom that is valuable well beyond the sports world. In this workshop, connect with your inner athlete by learning how to focus on the mind-body connection. Learn techniques on goal-setting and motivation to create a healthy life and reinforce a positive, creative self image." Registration link: <http://www.roycroftcampusco.com/retreat>

[prodId=145&category=9&secondary=&keywords](http://www.roycroftcampusco.com/retreat)

Feb. 12, 10:30 a.m.-3 PM, Women's Adventure Retreat: Winter Play! Commissioner's Cabin, Chestnut Ridge Park

"Step away from the distractions of daily life with this energizing and unique experience. Start your day at Chestnut Ridge Park with yoga to awaken your mind and body. Learn techniques about creating your own epic wins. Get nutrition tips and cooking techniques over lunch and tap into your outdoorswoman with a snowshoe hike. Take a few hours to connect, celebrate and maybe even play on the edge of your comfort zone. Be bold. Be brave. Have fun." Registration link and more info: <http://www.amymoritz.com/retreat>

www.amymoritz.com/retreat

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 elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Sue Williams reminds members that the Sunshine Committee is in business all year! For any occasion or event that might warrant a card from the club, let Sue or Linc know. We will send a note of cheer to someone who might need it, on behalf of NFBC. Congratulatory cards too, but please no birthdays until you reach 100! Notify Sue Williams (688-2981), the Sunshine Committee, or Linc Blaidell, President. NFBC cares about its people!

Print Form

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 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	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
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
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:

- 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.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- 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.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- 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.

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Wheatfield NY 14120

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