

# Niagara Frontier Bicycle Club, Inc.

# NFBC NEWSLETTER

July, 2013

*We ride every day!*

Volume 44, Issue 6

## Dates to Remember

- July 10-14, Club trip, Belleville, ON
- July 28, Linc's Party Ride
- August 3-4, CanAm 2013
- August 25, Club Picnic

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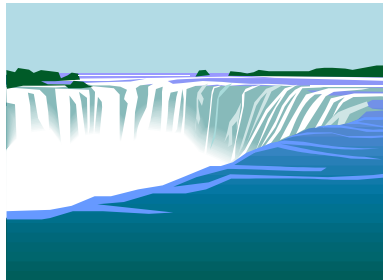
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## Register now for the 2013 CanAm (Aug 3-4)



The 2013 CanAm weekend promises to be the best in what is now a long line of successful CanAm events. The routes are well-planned, well-marked, and offer spectacular views. This year's organizing committee chair, Jack Rimlinger, reminds us "there is good reason to register now, because the cost goes up on July 6."

Here's what the 2013 CanAm, August 3-4, offers you:

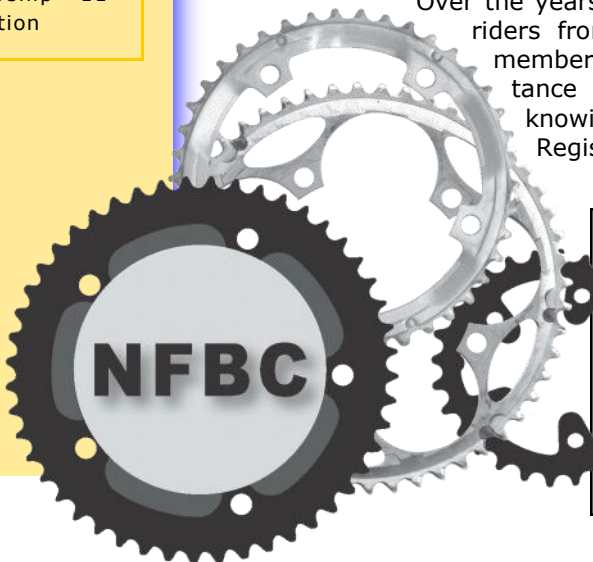
- Scenic routes which are well-tested and clearly marked on Sunday (your choice of 100, 62, or 35 miles)
- Incredibly beautiful vistas of the Niagara River and Falls from both the U.S. and Canadian sides on the 62 and 100 mile rides
- A Saturday guided tour of some of Buffalo's architectural gems
- Excellent support and sag during the rides
- Great refreshments before the ride, at rest stops, and at the celebration picnic afterwards
- A Saturday evening party to socialize with other riders and enjoy drinks and refreshments at the CanAm weekend home, the Frank Lloyd Wright Fontana Boat House
- A commemorative long-sleeved tee shirt

The cost of registration for the Can Am rides is \$45 until July 6, \$55 from July 7 through July 27, \$70 from July 28 to the event date. NFBC members can receive a \$10 discount, but you must submit a mail-in registration to get it. Use the form on page 5.

Over the years, the ride has attracted an increasing number of riders from outside the Buffalo-Niagara region, but club members form the core of the participants. Choose a distance and speed for comfort, or challenge yourself, knowing there will be great sag support along the way. Register now and join the fun again this year!

**IN MEMORIAM:** PAUL J. ZSEBEHAZY  
PASSED AWAY ON JUNE 16, 2013.  
PAUL WAS A WELL-LOVED, LONG  
-TIME NFBC MEMBER. HE LEAVES  
BEHIND HIS FIANCÉE REBECCA  
RIBIS AND MANY LOVING FAMILY  
MEMBERS AND FRIENDS.

[www.nfbc.com](http://www.nfbc.com)





**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.  
*We Ride Every Day*

## JULY 2013 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Start Location	Ride Leader
Thu, Jul 04	9:00 AM	757	Fox Valley	46/35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Liz Skelton 400-6091
Sat, July 06	9:00 AM	720	Pt. Abino Bay	35	Easy	0	Niagara Blvd. at Queen St, Fort Erie, <b>BRING PASSPORT OR EQUIVALENT</b>	Nancy Sweeny 799-7565
Sat, Jul 06	9:00 AM	341	Hamburg to Collins	41/21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Robert Nowinski 490-0752
Sun, Jul 07	9:00 AM	702	Royalton Ravine	45/34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Jack Rimlinger 741-8512
Sun, Jul 07	9:00 AM	303	Marty's Pain	44/25	XD/Mod	2500/1100	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Dennis Powell 691-6233
Sat, Jul 13	9:00 AM	749	Wilson- Olcott Express	41	Easy		Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	Michael Crouch 799-2387
Sat, Jul 13	9:00 AM	248	Nutcracker	47/27	XD/MD	3000/1500	Hamlin Park (south parking lot), S Grove St	Charles Grammer 866-4513
Sun, Jul 14	9:00 AM	251	Lancaster to Akron Falls	36	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Thomas Jordan 674-9470
Sun, Jul 14	9:00 AM	281	Seren Falls	82/57	XXX-XD	5300	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Jim Sawyer 884-3057
Sat, Jul 20	9:00 AM	744	Oak Orchard	46/34	Mod	0	Russel Town Park, Clinton & Main St., Akron	Mike de Freitas 833-3606
Sat, Jul 20	9:00 AM	279	Buggy Buster	70/54	XX-D/Diff	3000/1800	Pat's Place, 207 Eisenhower Ave., Angola, NY	Patrick Danaher 310-8136
Sun, Jul 21	7:00 AM	368	Lake O Century	102	Diff	860	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Bradshaw Hovey 857-0906
Sun, Jul 21	9:00 AM	369	Lake O Metric & Short	62/30	Mod/Easy	30	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Margaret Rockwood 361-0146
Sat, Jul 27	9:00 AM	404	Bunker Hill Road	36/27	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Karen Sprada 648-9039
Sat, Jul 27	9:00 AM	401	Woody Allen	50/32	0	0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600
Sun, Jul 28	9:00 AM	371	Clarence-Wales ( <b>Linc's Party Ride</b> )	45	MD	1500	Parking lot on Sawmill at Main St., Clarence Hollow	Rich McCarthy 982-0626
Sun, Jul 28	9:00 AM	335	Akron Junction ( <b>Linc's Party Ride</b> )	38/28	Easy	0	Parking lot on Sawmill at Main St., Clarence Hollow	Rich McCarthy 982-0626

**Difficulty Key:** Easy = Easy    Mod = Moderate    MD = Moderately Difficult    Diff = Difficult    XD = Extra Difficult

## DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
<b>Monday</b>	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
<b>Tuesday</b>	AM	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Michael Crouch, 799-2387
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Peg Walker, 741-4616
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
<b>Thursday</b>	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
<b>Sunday</b>	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 breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

### NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) 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](mailto:elaine_rubey1@yahoo.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](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

# JULY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <i>Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM</i>	<b>2</b> <i>Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</i>	<b>3</b> <i>Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM</i>	<b>4</b> <b>FOX VALLEY</b>	<b>5</b> <i>Clarence 9AM Amherst 6:30PM Elma 6:30PM</i>	<b>6</b> <i>Amherst 9AM Pt. Abino Bay Hamburg to Collins</i>
<b>7</b> <i>Buffalo 9AM Royalton Ravine Marty's Payne</i>	<b>8</b> <i>Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM</i>	<b>9</b> <i>Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</i>	<b>10</b> <i>Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM</i>	<b>11</b> <i>Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</i>	<b>12</b> <i>Clarence 9AM Amherst 6:30PM Elma 6:30PM</i>	<b>13</b> <i>Amherst 9AM Wilson-Olcott Ex- press Nutcracker</i>
<b>14</b> <i>Buffalo 9AM Lancaster to Akron Falls Seren Falls</i>	<b>15</b> <i>Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM</i>	<b>16</b> <i>Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</i>	<b>17</b> <i>Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM</i>	<b>18</b> <i>Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</i>	<b>19</b> <i>Clarence 9AM Amherst 6:30PM Elma 6:30PM</i>	<b>20</b> <i>Amherst 9AM Oak Orchard Buggy Buster</i>
<b>21</b> <i>Buffalo 9AM Lake O Century, Metric &amp; Short</i>	<b>22</b> <i>Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM</i>	<b>23</b> <i>Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</i>	<b>24</b> <i>Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM</i>	<b>25</b> <i>Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</i>	<b>26</b> <i>Clarence 9AM Amherst 6:30PM Elma 6:30PM</i>	<b>27</b> <i>Amherst 9AM Bunker Hill Rd. Woody Allen</i>
<b>28</b> <i>Buffalo 9AM <b>Linc's Party Rides:</b> Clarence-Whales Akron Junction</i>	<b>29</b> <i>Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM</i>	<b>30</b> <i>Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</i>	<b>31</b> <i>Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM</i>			

Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The recurring day-of-the-week rides are indicated in italics.



Friday night ride leader Marty Viggato writes: I want to welcome three new riders to our club. Maggie and Eva, and prospective member Bridget. As you can see in the photo above, all new and seasoned riders had a great time. Please join us on Friday night for a fun-filled night of cycling. The folks doing the longer rides (20 to 25 miles) average 18-20 mph, while riders on the shorter ride (17 to 19 miles) average 14-16 mph. No new rider is left behind.



The Niagara Frontier Bicycle Club Presents

# The 2013 CanAm Century Weekend

Saturday, August 3rd - Sunday, August 4th

## Count Me In!

### Rider Registration Form

One form is required for each registrant - Or you can register on line at [www.CanAmRide.com](http://www.CanAmRide.com)

Please Please Please Print Clearly

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Country of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Country of Citizenship: \_\_\_\_\_

Your Email Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

NFBC Member Number: \_\_\_\_\_ (if applicable)

Send check payable to NFBC with completed form to:

Contact's Phone: \_\_\_\_\_

NFBC - CanAm Registration  
5125 Newton Road  
Orchard Park, NY 14127

Registration Cost	Non Member	NFBC Member
Register Before July 6	\$45	\$35
July 7 - July 27	\$55	\$45
July 28 to Ride Day	\$70	\$60

After we receive your registration, we will send you a confirmation email.

Approved bicycle helmets are required. The use of aerobars is not allowed. No refunds after July 1, 2013.

You must sign the waiver below:

In consideration of accepting this entry, I hereby, for heirs, my administrators, and myself waive and release any and all of my right and claims for damages I might have against the organization holding this event. The Niagara Frontier Bicycle Club.

Signature (Required): \_\_\_\_\_ (if under 21 parental signature is required)

To help us plan, check your choices from the options below

### Sunday Ride Options

I would like to ride:

- ☐ 35 Miles - Buffalo, NY, USA
- ☐ 62 Miles - Buffalo, Niagara Falls, USA & Canada **Passport required!**
- ☐ 100 Miles - Buffalo, Niagara Falls, Ft Niagara, USA & Canada **Passport required!**

My size for my free tee shirt:

- ☐ Small
- ☐ Large
- ☐ Medium
- ☐ X-Large

### Saturday Scenic Graycliff Ride

An NFBC- led, 10:00 AM ride from Chestnut Ridge Park south of the city along a choice of two hilly routes, one miles and the other 43 miles. Both rides will feature great views and a brief stop at the Graycliff estate, designed by Frank Lloyd Wright.

- ☐ I will likely do this scenic ride.

### Saturday Buffalo Tour Ride

An NFBC-guided, 1:00 PM bike tour : a relaxed ride of miles taking in our architectural wonders.

- ☐ I will likely do this city tour ride.

### Saturday Night Reception

The NFBC will be hosting a pre-ride social. Light food & drink served. Ride packets available.

- ☐ I will likely attend this reception

We will mail you a Rider's Guide with further details about all Saturday and Sunday events, ride headquarters and directions, Buffalo attractions restaurants.

**July  
10-14**

# Club Trip: Belleville, ON

## *Cycle Beautiful Prince Edward County*

This July, ride the beautiful shorelines and gentle rolling country hills of Prince Edward County with NFBC. Prince Edward County (technically an island) is located in Southern Ontario roughly half-way between Toronto and Kingston on the northern Lake Ontario shoreline. Alex Setlik has designed this "you show, you go" trip to take advantage of the area's 1<sup>st</sup> rate biking opportunities. He has reserved rooms for NFBC at the Belleville Travelodge and will provide cue sheets for the rides. Shoreline riding along the very irregular coastline provides great views of the Bay, scenic harbors, and marinas. The interior roads offer beautiful countryside riding with opportunities to visit the quaint villages of Bloomfield, Wellington, and Picton with wineries, artisan shops, and fine restaurants throughout the area. We'll also ride through Sandbanks Provincial Park, said to have the largest freshwater sand dunes in the world. We'll use remote starts (10-20 min.) to explore most of Prince Edward County. It's about a 4.5 hour drive to Belleville from Buffalo.



### The Rides:

Wed - BAY OF QUINTE: 29 miles, MOD. Kickoff ride is out of Travelodge. Ride over the Bay Bridge to Prince Edward County. Great views. 3:30 start.

Thu - SANDBANKS EXPLORER: 40 or 32 miles, MOD. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Option: SANDBANKS BEACH, 32 miles, MOD. Enjoy the beach after the ride. Start at Sandbanks Provincial Park, \$15 CAD parking fee. 9:30 start.

Fri - WELLINGTON BAY: 49 or 32 miles, MOD. 49 mile ride starts out of Travelodge. Start for 31 miles is at Kente Public School on CR-19, Ameliasburgh (8.5 miles). Start times are 8:30 (49 mi) and 9:00 (32 mi).

Sat - ADOLPHUS REACH: 38 miles, MOD+. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Ride has great views throughout the ride. Rest stop / optional lunch / limited menu / outdoor seating: "County Cider Company" at 25 miles. 9:30 start.

Sun - MOIRA RIVER MEANDER: 30 miles, MOD. Finale ride out of Travelodge. This is a countryside ride North of Belleville. 8:30 start.

### Accommodations:

We will be staying at the Travelodge Hotel (previously Ramada Inn) located in Belleville at the Bay Bridge to Prince Edward County. The hotel has a swim through interconnected indoor / outdoor pool with a huge 135 foot corkscrew water slide and sauna. The hotel has the Windows Restaurant & Bar for dining, and in addition, there's a variety of good, reasonably-priced restaurants a short walk from the hotel. Evening entertainment is available a few steps behind the hotel at the Harbor Club Marina.

### Sign up now:

1. Rate for 4 nights is: \$440 CAD, plus tax, for non-smoking with 2 queen beds). Call Travelodge (Belleville) **613-968-3411** or **800-420-3555** to book your room. Reference the Niagara Frontier Bicycling Club, and that the rooms were booked thru Central Reservations. Cancellation is 72 hours prior to 4:00 PM, July 10th.
2. Notify Alex that you have booked a room by emailing: [alex.setlik@verizon.net](mailto:alex.setlik@verizon.net). He will reply with the cue sheet package (no maps).
3. If you want maps in addition to cue sheets, try one of these options: Go to [www.ridewithgps.com](http://www.ridewithgps.com) and register. It's free. Search for group "NFBC" and click on AWS to view the maps. A better print option (\$6.00 for 1 month) for the maps/cues is available. Also, files can be written to your Garmin unit if you have one. Maps are also available on MS Streets & Trips that Alex can e-mail to you if you have the MS software to open those files.





## July Rides of Special Interest

Celebrate **July 4<sup>th</sup>** by riding "Fox Valley", leaving from Westwood Park. Because of the holiday the regular Thursday morning and evening rides are canceled.

On **Saturday, July 13**, the NFBC North ride offering is the Wilson - Olcott Express. Should Mother Nature turn up the summer heat, cool Lake Ontario breezes might be just the thing to head for on your bike. Launching from the Cambria Town Hall at the top of the Niagara Escarpment, you'll quickly descend and head out on Daniels Road, a pleasantly quiet roll through Niagara County farmland. With a gradual downward grade and likely tailwind, you'll soon arrive in Wilson. There's a spot on the waterfront where you can see Toronto on a clear day. However, Wilson is mostly a store stop on this route as you head along State Route 18 to Olcott. Wind is devilish when you're near the lake. No matter what direction the weather service says, expect anything along the lake shore and expect it to change randomly. Olcott is a nice little hamlet with Krull County park and the Lakeview Village Shoppes. If you wish, linger and have an ice cream or other refreshment. Back on the bike, W. Creek road is a scenic little cruise with 18 Mile Creek on your left. Ewings will have traffic, but it has a decent shoulder. You'll soon see the Niagara escarpment coming into view. The little zig zag in the route brings you up the escarpment relatively gently with a lot of

grape fields (wine on the vine) to admire on your ascent. It's just a short roll back to the ride start once you're at the top.--Dennis

Yet another chance for a century before the CanAm: the Lake O century, metric, and short are scheduled for **Sunday, July 21**. The Lake O is a relatively flat route, nice for first-time century riders or hill-averse types. Long rides are tough in summer's heat. Because many, many miles of the century go along Lake Ontario, cool lake breezes provide some relief.

Hi Folks, well picking a ride is sometimes as hard as picking a new ride's name. Not this month! Last January we had a particularly spectacular day and cabin fever had already set in, so we had a great turn-out. Such a day called for a great ride and we headed out to Allen Road - one that is inexplicably used not nearly enough! With the sun shining but the roads not yet dry, 35 people somehow managed to get 37 (at last count) flats! Yeah, some escaped unscathed, but two who shall remain nameless (Bill and Ben) accounted

for nearly half the total! So, on **Saturday, July 27<sup>th</sup>**, bring a pump, stock up on tubes, and come on out to the Southtown's Ride of the Month, the Woody Allen, named for the great road and the comic relief it provided. See what happens this time! --Pat



NFBC president Linc Blaisdell invites us to *Linc's Party Ride* on **Sunday, July 28**. The rides, Clarence - Wales and dual distance Akron Junction, both leave from the parking lot at Sawmill and Main in Clarence Hollow. Linc's home is a short drive from there. As always, NFBC Party Rules apply. Bring a chair, a dish to share, a beverage of your choice, and don't forget the kitty.

# Linc's Party Ride

**Sunday  
July 28**

I will return to my party format of previous years and have the party at my house at **4715 Ransom Rd in Clarence.**

**The Rides:** There will be three ride choices, all starting at the market and bike path parking lot behind the Mobil station at Main Street and Sawmill (10655 Main St, Clarence, NY 14031) at 9 AM. You may choose a flat ride of 28 or 38 miles (labeled Akron Junction in the *Newsletter* Ride Schedule) or a hilly 45-mile ride labeled Clarence-Wales.



**The Party:** As in the past, I plan on smoking 50 pounds of pork butt that Millie will help me turn into BBQ. Bring a dish to pass and a chair. I'll have some soft drinks on hand (as per the "party rules" posted in the *Newsletter*), and I'll also provide some beer and wine. I have rented a tent to cover much of the back yard, so the party will go on even if the rides do not. Show up anytime after noon or whenever you finish the ride.

## The NFBC Picnic-Sun.Aug.24 @ Elma Meadows

Come join us for the NFBC Club Picnic, Sunday, August 24 at Elma Meadows Park, located at 1711 Girdle Road (at Rice Road), Elma, NY. It's the social event of the riding season!

- Take your choice of two great rides.
- Changing facilities are available at the clubhouse.
- The picnic will be at the #1 shelter (For a park map, go to the Erie County Parks website: <http://www2.erie.gov/parks/index.php?q=elma-meadows-golf-course-amp-park-park-map>)
- The picnic will be held **RAIN OR SHINE** in the shelter. There is ample seating, though if you wish to sit in the sun, feel free to bring your own chair.
- We will start serving lunch at approximately 12:30. Main entrees, sides, and cold beverages (water, soda, beer, wine) will be provided.
- Other homemade or purchased delicacies are welcomed.



- We will again be holding a dessert contest, so start planning now! Prizes will be awarded to the top two winners.

More details in the August Newsletter, but for now, contact Jane Armbruster to volunteer to help or to RSVP: [armbruja@buffalostate.edu](mailto:armbruja@buffalostate.edu) Please indicate if you require a vegetarian meal or have dietary restrictions. See you there!



A happy crowd enjoyed great food, drink, and socializing at Jim and Kathy Vozga's Memorial Day Party on May 27. New this year was a swimming option in their beautiful new pool.



## Niagara Frontier Bicycle Club

### BOARD OF DIRECTORS

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## Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



**Welcome to these new NFBC members:** Robin Adler, Richard Amantia, Jonathan Amoia, Thomas Azzarella, Lisa Baldac, Andy Bashor, Brandi Bashor, Bridget Baumer, Bill Beardsley, JoAnn Blatner, Jenny Boggio, Patricia Braun, James Braun, David Brown, Joe Buckle, Elena Cala, Kevin Cheng, Marietta Cimatto-Zygaj, Rob Collard, Don Crane, Steve Danitz, Linda Dansa, Douglas Eberhard, Geoff Fesko, Dianne Gilleece, Thomas Gilmartin, Joshua Harris, Suzanne Herbert, William Horvath, Eva Horvath, Anna-belle Irely, Paula Jack, Roman Konowka, Christine Konowka, Michelle Lenahan, Lauren Little, Jim Locke, Hollis Mahaney, Sue Manera, Amanda Mantino, Robert Maslin, Thomas Mazza, Marilyn McGurn, Jaci Morgante, Maggie Muloy, Jim Nash, Robert Polichette, Eric Przepierski, Christopher Pucella, Ken Scozzafava, Dennis Shumaker, Ken Tocha, Dave Ward, Nick West, Derrick Wojcik, Quinn Wright, Joseph Wukovits, Greg Zyga. (58 new members this season, as of June 12)

## Reminder: Make a difference with your bike—ride for a good cause!



*Support causes you believe in, while enjoying a well-supported group ride.*

Bike MS: 2013 Southtowns Shuffle, August 10, 2013, Orchard Park, NY  
[http://bikenyr.nationalmssociety.org/site/PageNavigator/BIKE\\_NYR\\_Landing\\_Page.html](http://bikenyr.nationalmssociety.org/site/PageNavigator/BIKE_NYR_Landing_Page.html)

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 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 ☐ NoCity  State  Zip Code Phone  Cell Email 1 Email 2 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
<b>TOTAL</b>	\$	\$
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@yahoogroups.com](mailto:nfbc@yahoogroups.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.

July, 2013

*NFBC—We ride every day*


Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

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