

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

July, 2010

Celebrating 40 years of club riding

Volume 41, Issue 5

Dates to Remember

- July 18, Port Colborne Party Ride
- July 24, Tris & Bob's Party Ride
- July 24, last day for reduced price CAN-AM registration
- See page 8 for trip sign-up deadlines
- August 22, CAN-AM
- August 28, Club Picnic

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www.nfbc.com

Members' Memorial Ride, 2010



On May 29, eighty-seven NFBC members rode in honor of club members now deceased. Twenty-two century riders began at 8AM, but before the 63 and 30 milers started out, President Linc Blaisdell read the names of members who passed away in 2009 and 2010: Carol Crist, Mike Dollard, John Finnegan, Tom Johnson, Bill McLaughlin, and Bob St. Pierre. Then some members shared their personal recollections of the deceased with the assembled riders.

The Empire State Summer Games in Buffalo

After a hiatus, the Empire State Summer Games are back, and they're back in Buffalo! From **Thursday, July 22 through Sunday, July 25**, athletes from across New York State will compete in sports competitions ranging from archery to wrestling (sorry, no X, Y, or Z). Cycling events for men and women are scheduled on each day of the competition, and admission is free. **Larry Reade** is the Venue Coordinator for all the cycling events, including the qualifying regional competitions that took place on May 30. Individual Time Trials will be held on Thursday, July 22 on West River Parkway, at 10AM (Open category) and 11:20AM (Masters). Road races start at 10AM on Friday in the Towns of Boston and Concord. Great spectator events, the Criteriums begin at 9AM on Saturday, July 24 in East Aurora. The Team Time Trial will be held on Sunday at 8:30AM on the West River Parkway.

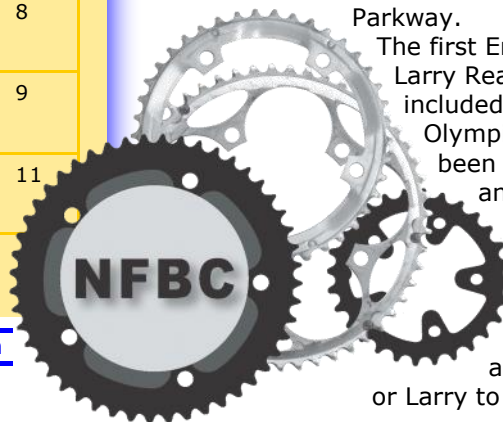
The first Empire State Summer Games were held in 1978; Larry Reade played a prominent role then in having cycling included in the roster of sports. Since that time, this Olympic-styled, state-specific amateur competition has been copied in over 40 states. New York was the first, and some think still the best of these state contests.

For more information, visit the web site:

<http://www.empirestategames.org/summer/>

or contact Larry or Barb Reade (reade5@verizon.net).

According to Barb Reade, "marshaling help is always needed and appreciated at each of the venues", so contact Barb or Larry to find out more about it.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

JULY 2010 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Start Location	Ride Leader
Sat July 3	9:00 AM	741	War of 1812 Overlook	46 / 32	Easy	0	Academy Park, Center & S. 9th St. next to Tops, Lewiston	Bob Mahaney 873-2814
Sat July 3	9:00 AM	259	Half-Baked Buns	34	MD	1540	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat July 3	9:00 AM	227	Boston Baked Buns	57	XXX	3500	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sun July 4	9:00 AM	757	Fox Valley	46 / 35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Liz Williams 759-8353
Sun July 4	9:00 AM	261	New New Oregon Rd II	58/39	XD/M-D		Pat's Place, 207 Eisenhower Ave, Angola NY	Pat Danaher 310-8136
Sat July 10	9:00 AM	725	Alabama Ramble	50	Mod	0	Clarence Middle School, Greiner at Strickler	Alex Setlik 692-7045
Sat July 10	9:00 AM	153	The Wall	62	XXX	4900	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on left, Springville	Pat Danaher 310-8136
Sun July 11	9:00 AM	706	East Wilson Express	37 / 31	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Bob Mahaney 873-2814
Sun July 11	9:00 AM	381	Emery Bored Ride	53/36	0	0	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 877-2140
Sat July 17	9:00 AM	369	Lake O Metric & Short	62/30	Mod/Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Betsy Dexheimer 585 343-5172
Sat July 17	8:00 AM	368	Lake O Century	102	Diff	860	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Colin Fritz 510-4893
Sun July 18	9:30 AM	904	Port Colborne Party	45	Easy	0	Crystal Beach Waterfront Park, by the lake, at end of Gorham Rd. Crystal Beach, Canada	Joe & Mary Alice Tocke 941-5591
Sun July 18	10:00 AM		PASSPORTS REQUIRED	26				
Sun July 18	9:00 AM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bob Mahaney 873-2814
Sat July 24	9:00 AM		Tris & Bob's Party Rides	40		1950	5125 Newton Rd @ Abbott, Orchard Park	Tris & Bob Puleo 649-3427
Sat July 24	9:30 AM			37/25		1200		
Sun July 25	9:00 AM	749	Wilson - Olcott Express	40	Easy		Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	Arlene Lepie 741-2762
Sun July 25	9:00 AM	229	Knee Knocker	41	XD	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Peg Walker 741-4616
Sat July 31	9:00 AM	702	Royalton Ravine	46 / 33	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Larry Reade 633-7712
Sat July 31	9:00 AM	358	Holi-Terror	49 / 38	XXD/Diff	3200/2000	Holmont Ski Area Parking Lot, RT219 to Elliottville, straight at light onto SR 242, L into Holimont	Pat Danaher 310-8136
Sun Aug 1	9:00 AM	707	Ransomville Ramble	41	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Sue Alessi 694-0853
Sun Aug 1	9:00 AM	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Tretyakov 667-7529

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

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Dennis Powell, 691-6233
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

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.

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.

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

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

JULY 2010



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in italics.</p>				<p>1 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</p>	<p>2 Clarence 9AM Amherst 6:30PM Elma 6:30PM</p>	<p>3 Amherst 9AM War of 1812 Baked Buns</p>
<p>4 Buffalo 9AM Fox Valley New New Oregon Rd</p>	<p>5 N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM</p>	<p>6 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</p>	<p>7 Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM</p>	<p>8 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</p>	<p>9 Clarence 9AM Amherst 6:30PM Elma 6:30PM</p>	<p>10 Amherst 9AM Alabama Ramble The Wall</p>
<p>11 Buffalo 9AM E.Wilson Express Emery Bored Ride</p>	<p>12 N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM</p>	<p>13 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</p>	<p>14 Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM</p>	<p>15 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</p>	<p>16 Clarence 9AM Amherst 6:30PM Elma 6:30PM</p>	<p>17 Amherst 9AM Lake O Metric, Cent, and short ride</p>
<p>18 Buffalo 9AM Pt Colborne Party The Plank</p>	<p>19 N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM</p>	<p>20 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</p>	<p>21 Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM</p>	<p>22 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</p>	<p>23 Clarence 9AM Amherst 6:30PM Elma 6:30PM</p>	<p>24 Amherst 9AM Tris & Bob's Party Ride</p>
<p>25 Buffalo 9AM Wilson-Olcott Xpress Knee Knocker</p>	<p>26 N.Tonawanda 9AM Clarence 6:30PM E.Aurora 6:30PM</p>	<p>27 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM</p>	<p>28 Orchard Park 9AM Swormsville 6:30PM Orchd. Prk. 6:30PM</p>	<p>29 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM</p>	<p>30 Clarence 9AM Amherst 6:30PM Elma 6:30PM</p>	<p>31 Amherst 9AM Royalton Ravine Holi-Terror</p>

Work for Bicycle-Friendly roads!

By Janice Cochran

I ride my bicycle to work, and this makes me acutely aware of road obstacles to my safety. The intersection of Sweet Home and Maple is being reconstructed. The latest design sends traffic to a left-turn lane, one narrow thru lane, and a wide right-turn lane. No bike lane is present (although a bike lane exists on Sweet Home from Sheridan to Maple, the bike lane disappears just before the tip of the intersection).

On a recent commute, as the law dictates, I positioned myself in the thru lane to go straight. I suspected a car in the right-turn lane might go straight to beat the line of thru cars, and unfortunately, that's exactly what happened. The vehicle shot forward just as I wanted to get immediately to the right, into the bike lane again. The driver did see me and slowed before speeding past, but I feel this design is now more dangerous than before.

Before reconstruction, the faded pavement markings allowed me to stay to the front of the right lane, so cars could make the right-turn, yet I would be able to cross the intersection and quickly enter the bike lane. Now, staying to the right is not possible. To operate legally, a bicyclist must be in the center lane, but now must fend off cars breaking the rules and going straight from the right-turn lane. Drivers know there are two lanes going

north, and apparently more than a few drivers are comfortable holding up cars wanting to make a right-turn!).

How can we ensure that new road construction accommodates bicyclists? I hope this can serve as a model for other bicycle commuters. After several phone calls, I eventually spoke to the engineer-in-charge of the Sweet Home and Maple intersection, who was quite respectful and seemed sincere about wanting to avoid bicycle/vehicle collisions. I agreed with him that including a bike lane in the thru lane would be helpful, but it wouldn't change the fact that only one lane will empty onto Sweet Home's two lanes going north, increasing the chance a car in the right-turn lane may cheat and go straight.

The best time to be heard is in the planning process, before the construction is complete. None the less, I will send written documentation of this problem to the Erie County Highway Department, the Greater Buffalo Niagara Regional Transportation Council (our planning organization for Region 5, NY State), Amherst police, my NY state assemblyman, the engineer-in-charge at Di Donato & Associates (the contractor) and the NYS DOT (which controls the traffic device in that intersection). The more of us who speak up and take action, the louder the voice will be for bicycle-friendly roads.

Silver Wheels Visit a Great Success

The visiting members of the Silver Wheels Bicycle Club of Loraine County, Ohio were very appreciative of the NFBC's wonderful hospitality on their recent visit (June 11-14). Organizers and hosts Sue and Tom Williams, and a large crew of other NFBC volunteers helped make their Niagara Frontier visit a great one. Many thanks for all who participated, and especially Sue and Tom for a great job!!

Photos, from the top, by Bill Hobbs (1,2), Sue Williams (3), and GO-Buffalo (4)



Buffalo to expand bike parking spaces

150 additional bike racks will be installed throughout Buffalo this summer, as Phase II of the Commercial District Bicycle Parking Program gets underway. Spearheaded by Green Options Buffalo (GO-Buffalo), the program seeks to encourage bicycle use in the city by providing convenient bike parking near businesses. The new racks will be added to 70 existing ones, and plans for a Phase III additional 150 racks are already underway. Many "chain-able" spots were lost when some city parking meters were removed, and the number of people using bicycles for commuting and errands appears to be increasing. Justin Booth, Executive Director of GO-Buffalo says "Every single business should have at least one spot for bicycle parking, especially in a city where almost one-third of households don't own a vehicle" (As quoted in the 6/13/10 Buffalo Evening News). You can suggest Buffalo commercial locations appropriate for the new racks by filling out a form at <http://www.city-buffalo.com/applications/bikestandreq/default.aspx> or by calling the city's 311 non-emergency line.



Bike racks with the distinctive buffalo head design.

**Sunday
July 18**

Port Colborne Party—Mary Alice & Joe Tocke

The Rides: 46mi starts at 9:30AM, 20 mi starts at 10AM; both are on flat terrain, about half on a bike/recreation path. Watch for hazards (posts, RR tracks). Start from Waterfront Park, Crystal Beach, Ontario Canada. **The Party:** NFBC party rules apply; bring a chair and a dish to pass. Some beverages are provided. Non-riders are welcome, too!.

Directions: If you are crossing the Peace Bridge, travel straight to **Thompson Road exit**. You can only exit one way. On Thompson Road, do not drive in the right lane (you may end up in the Walmart parking lot). Turn **right** at the second light onto **Garrison Road** (Highway 3). Again, do not drive in the right lane or you may end up in the Walmart parking lot (again). Pass Fenian Road Battle Site and signal at Ridge Rd. Turn **left** at next signal onto **Gorham Rd**. Straight through Crystal Beach to Lake. Jog left, then right into parking lot. We live about 25 houses past the park, on the lake; if you want, drop off food there before the ride. **BRING YOUR PASSPORT!!**



Tris & Bob's Party Ride

Multiple choice ride, something for everyone. Three Options with new hill ride - come on out and take your pick! Bring a dish, bring a chair! Hope to see you there!

MILES	RIDE	STARTS @	ELEV
40 Mile	COLE 240	9:00 AM	1,950 ft.
25 & 37 Mile	REACH THE BEACH	9:30 AM	1,200 ft.

Party at 12:00 PM Rain or Shine. 5125 Newton Rd. Orchard Park, 649-3427

DIRECTIONS to 5125 Newton Rd.

Take I-90 West to Rt. 219 S, past Rt. 20A to Armor Duells Exit,
 L @ Armor Duells,
 L @ S. Abbott (just before Stop Light),
 R @ Newton to 1st house on Left (Park off road)

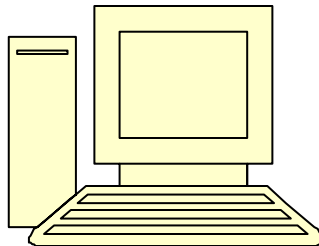
**Saturday
July 24**



Roy's Membership Update

By Roy Tocha, June 13

NFBC now has about 395 members, in 311 households. There are 64 new members. 70 *NFBC Newsletters* are sent by mail.



Safety tips, Part III: How to Ride in a Paceline

By Fred Matheny for www.RoadBikeRider.com

Solo rides are a great part of the cycling experience. Nothing beats cruising along and looking at the scenery, or attacking a climb at your own pace and intensity.

But riding with a small group can be even more fun. You cover ground faster, meet people, and experience the thrill of shared effort.

Paceline riding isn't difficult to learn. Here are the basic skills:

1. Riding a Straight Line

Start by learning to ride like you're on a rail. Practice by holding your line during solo rides. Put your wheel on the road's white edge line and keep it there. Relax your upper body, keep a light grip on the handlebar, and fix your peripheral vision on the line. Keep your actual focus 20 or 30 feet in front of the bike. Remember, the bike will go where your eyes go.

2. Following a Wheel

Drafting another rider saves you at least 15 percent in energy output. It's foolish to be bucking the wind all the time when you're with other riders. Share the work by drafting them and letting them draft you.

Position your front wheel 1 to 3 feet behind the rear wheel you're following. The closer the better, in terms of the draft, but closer also requires a lot more attention. When necessary, turn the cranks without putting pressure on the pedals ("soft pedal") to maintain correct spacing.

Use the brakes sparingly. Jerky braking creates chain reaction problems for riders behind you. If you need to brake, feather the levers lightly instead of clutching at them.

If a gap opens, don't make things worse by accelerating too hard, overrunning the wheel in front, then grabbing the brakes. Instead, ease back up to the rider in front. If you don't become proficient at following a wheel, you can waste more energy than you save by constant yo-yoing.

Look past the rider directly in front. Don't stare down at his rear wheel or you won't see things that

may cause him to brake or swerve.

3. Paceline Pointers

First rule: Be predictable. Close riding demands that everyone be on the same wavelength. There must be a basic understanding of what is and is not expected behavior in a given circumstance. Experience helps.

Don't accelerate when it's your turn at the front. Note your cyclecomputer's mph and maintain the group's speed when the lead rider pulls off.

After your own bout against the wind, pull off to the side agreed upon and stay close to the others as you soft pedal and slide back to the rear of the paceline. This enhances the drafting effect for the whole group. It also keeps everyone as far out of the traffic flow as possible, making paceline riding possible even on busier roads.

As you come abreast of the last rider in the line, pick up speed and then slide over behind his wheel as he comes past. When done correctly you won't need an energy-wasting acceleration in order to latch back on. Once in the caboose position you can take a drink or stand to stretch without disrupting the paceline's smoothness.

Protect your front wheel. If your rear wheel is struck a fall is unlikely because it has nothing to do with steering the bike. However, if your front wheel is contacted it will often be twisted off line faster than you can react. You'll almost certainly go down. Help prevent this by never overlapping someone's rear wheel.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Editor's note: The RoadBikeRider Newsletter is a free, (almost) weekly email newsletter that has informative articles touching on all aspects of road bike riding. Go to their web site to sign up to have it emailed to you. The editors make selected articles, such as this, available for re-printing.

It's not too late to book a club trip, if you act now!

Oberlin, Medina, Vermillion, and Wellington Reservoir--these are just a few of the places we will be biking to in Ohio. This will be a "see-by-bike" view of Lorain County and everything the Lorain County Metro Parks has to offer. Lots of variety and choice: Hills, casual rides, scenic rides, picnic rides with paddle boating, shopping rides, lunch stop rides, free time, and dinners together.

Contact Richard Lepie for reservation information or Tom and Sue Williams for general information.

Oberlin, Ohio

July 10-14

Oberlin, Ohio Price per person double is \$280.00. The single supplement is \$200.00. Full payment is due with reservation. There will be no refunds. For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com. To reserve your space, please use the reservation form included in this Newsletter.

NY-PA EAST SMALL TOWN TOUR

4 nights, 255 miles, avg. M-D. Very scenic, quaint small town tour thru Wellsboro, Mansfield, Towanda, Sayre, Elmira, Corning, Bath, Hornell, Angelica, and Belmont. Ride the famous PA Route 6 corridor. Follow the Susquehanna and Chemung River from Towanda to Corning, and much more. Many great views to enjoy. Tour is van supported. Join us on this fabulous adventure.

July 29-Aug 2

Eastern NY-PA Price per person double is \$225.00. The single supplement is \$215.00. Full payment is due with reservation. All funds paid are refundable until the 29th of June, after which there are no refunds. Reservations received after the 29th of June incur an additional charge of \$25.00 per person. Space is limited to 16. For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com. To reserve your space, please use the reservation form included in this Newsletter.

For more detailed descriptions of these club trips, look at your copy of the March issue of the NFBC Newsletter, or go to:
<http://www.nfbc.com/NFBCNews/Mar10NFBCNews.pdf>

Reservation and Payment Form for Richard Lepie's NFBC Club Trips (Oberlin and Eastern NY-PA):

Name: _____

Address: _____

Telephone: _____

NFBC Number: _____

E-mail: _____

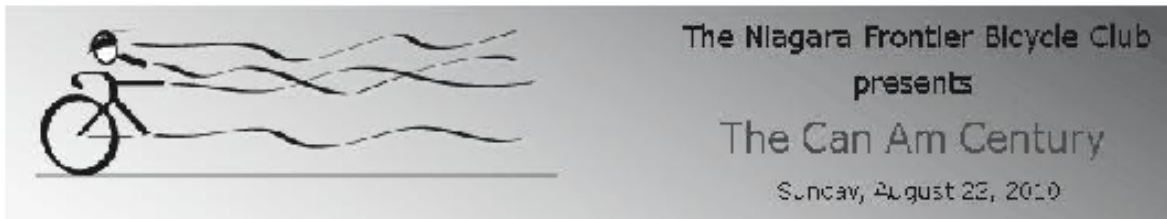
Roommate if submitting separate forms:

1. **Oberlin:** Double \$280.00 Single \$480.
2. **Eastern NY-PA:** Double \$225.00 Single \$440.00 after June 29th Double \$250.00 Single \$465.00

Please circle trip or trips that this reservation form covers. Please make checks payable to Richard Lepie and mail along with this form to:
 Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031

Questions: e-mail Richard_suntreader@hotmail.com
 Voice: 741-2762

Register now for the 2010 CAN-AM Century



Count Me In!

Rider Registration Form (Please Print Clearly)

Last Name _____

First Name _____

Street Address _____

City _____ State ____ Zip _____

Emergency Contact _____

Contact Phone _____

Your email address _____

Enclosed check for:

\$ _____

Payable to NFBC

REGISTRATION COST	
Register Before July 24	\$45
After July 24	\$55
After August 14	\$70

Event is limited to 300 riders.

Send completed form with payment to:
Dennis Powell, 1031 Tonawanda Creek Rd., Amherst, NY, 14228

Upon receipt of this form and payment, a rider information packet will be sent to you.

You must sign the waiver below:

In consideration of accepting this entry, I hereby, for myself, my heirs, and administrators, 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, parent signature is required)

Ride Options

I would like to ride

- 35 miles - Bflo, NY,USA
- 62 miles- Bflo, Niagara Falls, USA & Canada
- 100 miles - Buffalo, Niagara Falls, Fort Niagara, USA & Canada

Free Commemorative T-Shirt

- Small Medium
- Large X - Large

Saturday Buffalo Tour Ride

There will be a guided tour bike ride on the Saturday before the main Can Am ride. It will be a relaxed tour of some of the architectural highlights of Buffalo. The ride is included with your registration. Details will come with your rider packet.

- I will likely attend the Saturday Tour ride

Saturday Night Social and Ride Packet Pickup

The NFBC will be hosting a social Saturday night before the ride. Light food & drink will be provided. Details will be in your rider packet.

- I will likely attend the Saturday Night Social



An NFBC member saw this in the parking lot of Lancaster High School after the May 30 ride. It looks like someone changed a flat and left the litter behind. Enough said?

Niagara Frontier Bicycle Club

BOARD OF DIRECTORS

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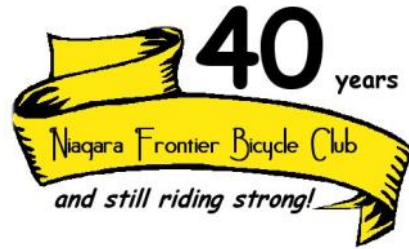
Newsletter Circulation

Sue and Bob Alessi
3637 Northcreek Run
Wheatfield NY 14120
salessi1@roadrunner.com



Reserve now for August 27-29!

The August 27-29 Weekend is the focus of our 40th Anniversary activities. The committee hopes that current members will be joined by club founders and other early members in celebrating the NFBC's 40 years of riding together. Registration for Sunday is limited to 60, so please act soon.



Please complete the Registration Form below by **July 31st**. There are number limits on Sunday's Darwin Martin House Complex Tour and the Parkside Lodge Lunch, so get your form in early to assure your spot.

Dig out your notes, photos, T-Shirts, patches, (whatever!) from our NFBC events of the last 40 years. We are preparing billboard-type displays for the various 40th Anniversary events, and we hope to incorporate some into a keepsake anniversary brochure. Submit any materials for display or brochure now to Jean or Nancy, contact information below.

40th Anniversary Weekend – August 27-29, 2010

Niagara Frontier Bicycle Club: Reservation and Payment Form


Name(s): _____ E-mail address: _____
 Address: _____ Phone: _____
 _____ Current NFBC Member Number(s) _____
 What year did you join the club? _____ (for your nametag!)

Date, Event, Location & Details	Cost per Person	Number Attending	Total Cost
Friday, August 27 Social Get-together at Eddie Ryan's, Second Floor, 50 Central Avenue, Lancaster NY, 7:00 PM - ? Cash Bar, Snacks provided	\$5.00 in advance; \$10.00 at the door		
Saturday, August 28 Club Picnic at Elma Meadows, Girdle Road, Elma NY, Shelter #1, 12:30 PM after 9 and 10 AM Rides, Catered Picnic	\$5.00 charge at the Park		
Sunday, August 29 Sunday Lunch, Parkside Lounge, Parkside and Florence, Buffalo, 11:00 AM, Catered Lunch	\$12.00		
Sunday, August 29 Frank Lloyd Wright Darwin D. Martin House Complex Tour, Jewett Avenue, Buffalo NY, 1-1/2 Hour Guided Tour, 1:30 PM to 3:00 PM	\$13.00		
Total			\$

Make checks payable to NFBC Inc. and mail along with this form to: NFBC, c/o Jean Frederick, 588 Sweeney Street, North Tonawanda NY 14120 . Contact Jean Flinder Frederick [716-692-3611 (jeanbike1@msn.com)] or Nancy Paluch Haberly [716-649-5374 (haberlyn827@juno.com)] with questions.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



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