

# Niagara Frontier Bicycle Club, Inc.

# NFBC NEWSLETTER

July, 2011

*We ride every day*

Volume 42, Issue 6

## Dates to Remember

- July 16, Lake O Century, Metric, and Short
- July 17, Tocke's Party Ride
- July 24, Linc's Party Ride
- July 30—Aug.1, Toronto Bike Train Trip
- August 14, CAN AM

## Inside this Issue

Ride Schedule	2-4
David G	5
Parties	6
Club Trip	7
CAN AM registration	10
Membership application	11

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

## Upcoming July Rides of Special Interest

On Saturday, **July 16** The Lake O Century and Metric Century are nice distance rides for mid summer as they hug the cool Lake Ontario shoreline for much of their length. The terrain, being very flat, allows them to be quite fast rides, too. The short route meanders along Eighteen Mile Creek and by some Niagara County orchards, with a stop in historic Olcott Beach.

Joe and Mary Alice Tocke will open their Crystal Beach Cottage on Sunday **July 17** for a club party on Lake Erie. You have your choice of a 46 or 26 mile flat ride with beautiful scenery.

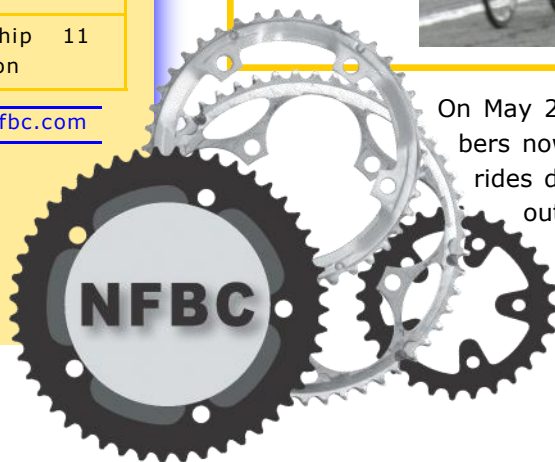
On Sunday **July 24**, President Linc Blaisdell's party ride returns! In 2009 Linc's ride was held at Chestnut Ridge Park and featured an option for bicycle orienteering. This year's party will return to the format of previous years, with moderate (45mi.) and easy (38/28mi.) rides leaving from Clarence, and the party featuring BBQ at Linc's Clarence home.

## 2011 Members' Memorial Ride

The first group of riders on the 62 mile ride. From left to right, Carl Mach, Loren Danaher, Pat Danaher, Ron Wakefield, and Marty Payne



On May 28, NFBC members rode in honor of club members now deceased. There was a good turnout for the rides despite on-again, off-again rain. Before starting out, riders shared personal recollections about recently deceased NFBC members.





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

## July 2011 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff	Elevation	Start Location	Ride Leader
Sat July 2	9:00 AM	741	<a href="#">War of 1812 Over-look</a>	43/32	Easy	0	<a href="#">Academy Park, Center &amp; S. 9th St. Lewiston, next to Tops</a> Lewiston, NY	Bob Silkes 688-6246
Sat July 2	9:00 AM	248	<a href="#">Nutcracker</a>	47/27	XD/MD	3000/ 1500	<a href="#">Hamlin Park (south parking lot), S Grove St., E. Aurora</a>	Tim Cleary 807-7174
Sun July 3	9:00 AM	744	<a href="#">Oak Orchard</a>	46/34	Mod	0	<a href="#">Russel Town Park, Clinton &amp; Main St., Akron</a>	Elaine Rubenstein 633-2133
Sun July 3	9:00 AM	27	<a href="#">Hamburg to Lake Erie</a>	36/26	Easy	660	<a href="#">Parking Lot behind fire hall across from 44 Long Ave, Hamburg</a>	Dick Swank 992-2404
Mon July 4	9:00 AM	757	<a href="#">Fox Valley</a>	46/35	Easy	0	<a href="#">Westwood Park, Pavement and Erie St., Lancaster</a>	Carl Mach 685-0832
Sat July 9	9:00 AM	725	<a href="#">Alabama Ramble</a>	42/50	E-Z/ MOD	0	<a href="#">Clarence Middle School, Greiner and Strickler</a>	Karen Sprada 684-9039
Sat July 9	9:00 AM	340	<a href="#">Country Fair Ride</a>	39	XD	2700	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Tim Cleary 807-7174
Sun July 10	9:00 AM	362	<a href="#">Clarence to Alden</a>	43/25	Easy	600/300	<a href="#">Clarence High School, Main St. at Gunnville Rd.</a>	Liz Skelton 400-6091
Sun July 10	9:00 AM	381	<a href="#">Emery Bored</a>	44	MD	0	<a href="#">Emery Park, 2084 Emery Rd., South Wales</a>	John Clauss 533-7722
Sat July 16	7:00 AM	368	<a href="#">Lake O Century</a>	102	Diff	860	<a href="#">Nelson C Goehle Marina (Wide Waters) E Market St &amp; Coldspring Rd., Lockport</a>	Kathy Karnath 688-2968
Sat July 16	9:00 AM	369	<a href="#">Lake O Metric &amp; Short</a>	62	Mod/ Easy	0	<a href="#">Nelson C Goehle Marina (Wide Waters) E Market St &amp; Coldspring Rd., Lockport</a>	Mike Dupre 741-9290
Sun July 17	9:30 10:00 AM	904	<b>Tocke's Party Ride</b> <b>PASSPORTS RE-REQUIRED</b>	45/26	0	0	<a href="#">Crystal Beach Waterfront Park, by the lake, at end of Gorham Rd., Crystal Beach, Canada</a>	Joe & Mary Alice Tocke 941-5591
Sun July 17	9:00 AM	236	<a href="#">Bluemont Viper</a>	38	XD	3200	<a href="#">Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left</a> Springville, NY	Pat Danaher 310-8136
Sat July 23	9:00 AM	749	<a href="#">Wilson - Olcott Express</a>	41	Easy		<a href="#">Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.</a>	Sue Alessi 694-0853
Sat July 23	9:00 AM	336	<a href="#">Chicken Little</a>	49/40	XD/ mod	3500/1500	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Pat Danaher 310-8136
Sun July 24	9:00 AM	335	<a href="#">Akron Junction</a> <b>Linc's Party Ride</b>	38/28	Easy	0	<a href="#">Parking lot on Sawmill at Main St., Clarence Hollow</a>	Lincoln Blaisdell 479-9431
Sun July 24	9:00 AM	371	<a href="#">Clarence-Wales</a> <b>Linc's Party Ride</b>	45	MD	1500	<a href="#">Parking lot on Sawmill at Main St., Clarence Hollow</a>	Lincoln Blaisdell 479-9431
Sat July 30	9:00 AM	707	<a href="#">Ransomville Ramble</a>	41	Easy	0	<a href="#">Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton</a>	Sue Alessi 694-0853
Sat July 30	9:00 AM	229	<a href="#">Knee Knocker</a>	41	XD	2000	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Bryan Hopkins 876-8897
Sun July 31	9:00 AM	702	<a href="#">Royaltown Ravine</a>	45/34	Easy	0	<a href="#">Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich</a>	Arlyne Lepie 741-2762
Sun July 31	9:00 AM	358	<a href="#">Holi-Terror</a>	49/38	XXD/ Diff	3200/2000	<a href="#">Holimont Ski Area Parking Lot, RT219 to Ellicottville, straight at light onto SR 242, L into Holimont</a>	Pat Danaher 310-8136

**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
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	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
<b>Tuesday</b>	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
<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), Gerry Russell and Jane Armbruster
	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	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
<b>Friday</b>	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
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
<b>Sunday</b>	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 (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)

## HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Notify Sue Williams (688-2981), Chairperson of the Sunshine Committee. NFBC Cares about its people.

# JULY 2011



SUN	MON	TUE	WED	THU	FRI	SAT
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.						
<b>3</b> <i>Buffalo 9 AM</i> <i>Oak Orchard</i> <i>Hamburg to Lk.Erie</i>	<b>4</b> <i>Fox Valley</i>	<b>5</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>6</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>7</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>1</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>2</b> <i>Amherst 9 AM</i> <i>War of 1812</i> <i>Nutcracker</i>
<b>10</b> <i>Buffalo 9 AM</i> <i>Clarence to Alden</i> <i>Emery Bored</i>	<b>11</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>12</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>13</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>14</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>15</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>16</b> <i>Amherst 9 AM</i> <i>Lake O Cent., Met- ric, Short</i>
<b>17</b> <i>Buffalo 9 AM</i> <i>Tocke's Party Ride</i> <i>Bluemont Viper</i>	<b>18</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>19</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>20</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>21</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>22</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>23</b> <i>Amherst 9 AM</i> <i>Wilson-Olcott</i> <i>Chicken Little</i>
<b>24</b> <i>Buffalo 9 AM</i> <i>Linc's Party Rides</i>	<b>25</b> <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	<b>26</b> <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	<b>27</b> <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	<b>28</b> <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<b>29</b> <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<b>30</b> <i>Amherst 9 AM</i> <i>Ransomville Ramble</i> <i>Knee Knocker</i>
<b>31</b> <i>Buffalo 9 AM</i> <i>Royalton Ravine</i> <i>Holi-Terror</i>						



## Fort Erie to Niagara Falls

Tom Barone offers return-trip suggestions to some of the riders on the Ft. Erie to Niagara Falls ride on Sunday, June 5. The weather was perfect, the route had low traffic, and of course the views along the way are spectacular.



## NFBC Member Profile: *David G*

If the email begins "Dudes and Biker Chicks"...the author is sure to be Ceramic David G, and he'll be telling you about cycling adventures that you'll envy if you weren't there to enjoy! David Gonzalez, *aka* David G or Ceramic G or The Dude, has been an NFBC member since 1992, and he has bicycled for over 25 years. David G reached the landmark 30,000 miles with NFBC last year, and counts (conservatively) about another 25,000 miles to his current total.

At the banquet ending David's first season with NFBC, his family presented him with an award that marks an achievement that is likely still unmatched in club history: on the MS 150, after a fall that broke his hip, he continued riding for 7 more miles until he reached the rest stop!

David G retired from full-time work in 2000, and celebrated that milestone with a cross-country cycling adventure. In remembering that trip, he said "there were a lot of high points and some that were low; the lowest being leaving the trip for a period after we got out of the Rockies. I was able to return and finish the ride on my 60th birthday in Portsmouth, NH. Anyhow, I made some great friends and still maintain those relationships to this day."

His favorite cycling adventures? That would be the "Ride the Rockies" trips he did in Colorado with other NFBC members. He likes to talk about "the warm-up ride to Ward, CO, from Boulder that Pat Danaher, Bruce Kennedy and I did in '04. The ride started out warm and sunny and when we got to the top of the mountain where Ward was, we were in a raging snow storm. We *rendez-voused* at the Ward General store and they were brewing some Guatemalan that morning. A strange bunch of dudes was hanging around the wood stove in Abe Lincoln Top Hats. We were sure they brewed some-

thing else in the afternoon!! After the hot coffee we started to speculate on how we were going to get back to Boulder without freezing to death! The head Roaster told us to take all the warm clothing we could put on out a grab box and then throw it away when we got back down. Just one of the many adventures we had riding the Rockies."



In the winter, David hikes and climbs mountains (as well as cycling) in Arizona. He is frequently joined by other NFBC members, visiting or wintering nearby. When it comes to riding, he says "Most of the hill rides in the South Towns suit me, as well as the big mountains in Colorado and Arizona".

David has been married for 47 years to his wife Linda, who currently is the National Tracking Chair for The Basset Hound Club of America. She has many American and Canadian

Titles to her credit. They have three grown children. In addition to cycling and hiking, David "likes hot cars; my son and I own a cherry '96 Mystic Cobra which my son-in law shows for us".

"NFBC is important to me because of the regular exercise I get from riding, and riding with a group is more challenging than riding on my own. For me, and I am sure many other members, the club fosters friendships that are not tied to a business atmosphere. These friendships are built in part on the competitive relationships cycling provides and the clever banter on and off the bike!"

"A ride is good if you can keep up; it is great if you can keep up with the Hot Shoes in the front!" according to David. Don't get the wrong idea though—speed isn't his only goal. People say David looks after other riders. One member said "I was coming in dead last, but would have been out there even longer if David G hadn't dropped back to sweep. I appreciate his generosity."

**Sunday  
July 17**

## Crystal Beach 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!!**



## Linc's Party Ride

**Sunday July 24**

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.

## July 30-Aug 1 Toronto Bike Train Trip

*The train schedule is set: make your hotel reservations now to join the group!*



## BIKE TRAIN

- On Sat., July 30, We'll load our bikes on the 11:40AM train in Niagara Falls, ON, and travel in comfort to Toronto (Train schedules & info at: <http://www.niagaragotrain.com/index.php/more-info/schedules-and-fares/> )
- After check-in at the Holiday Inn Express Downtown, enjoy Toronto sites and dining with the rest of the group. There are single & double rooms available, which hold up to 3 or 4 (or fewer) so ask around for a roommate if you want to share costs. A group dinner, sightseeing, and a bike ride are highlights of the overnight Toronto visit. Breakfast is provided at the hotel.
- On Sun., July 31, meet the group at the designated time and place to begin the cycling adventure back to home. Tom will lead the ride at a leisurely pace, beginning with the Waterfront Trail, for the 40 mile ride to Burlington. There will be a lunch stop in scenic Port Credit.
- Sun., July 31 will be an overnight stop at the Burlington, ON Holiday Inn. They offer a swimming pool, hot tub, sauna, and games room for recreation; restaurants are a short walk from the hotel.
- On Monday, August 1, Tom will lead the group along a new route back to the Niagara Falls ON, passing vineyards and orchards (stops will be your choice), with a group lunch stop in charming Port Jordan.
- For questions, contact Tom Barone: [tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com) or 418-9132. Tom will provide links to detailed maps and cue sheets for the routes, wineries, and post more trip details on [nfbc@yahoogroups](mailto:nfbc@yahoogroups).

STEP #	What you need to do:	How to do it:
1	Reserve your room in Toronto for Saturday, July 30, 2011	Contact the Holiday Inn Express, Downtown Toronto, at 416-367-5555 or <a href="http://www.hiexpress.com/torontodtwn">www.hiexpress.com/torontodtwn</a> Be sure to mention the "Bike Train Riders" group block to get a room with our group rate.
2	Reserve your room in Burlington, ON for Sunday, July 31, 2011	Contact the Holiday Inn Burlington, 905-639-4443 ext 4676, or 1-888-987-4888, or <a href="mailto:unh2248res@whg.com">unh2248res@whg.com</a> Be sure to mention the group block ID "829934" to get a room with our group rate.
3	Purchase your train ticket at the station on the day of departure (Saturday, July 30, 2011) for the 11:40 AM train from Niagara Falls, ON to Toronto	Arrive at the Niagara Falls, ON Train Station <b>AT LEAST ONE FULL HOUR</b> before departure. Buy your ticket at the train station ticket office.

The confirmations for the trip and this great adventure continue to come in to my e-mail. A very nice group is shaping up for this year's ride. Many riders new to the trip will join a very nice return of previous years' riders.

The hotel reservation block will only be available until June 19<sup>th</sup>. After that date, all rooms that have not been reserved will be released back to the hotels. Anyone wishing to go on the trip after June 19<sup>th</sup> will have to find their own accommodations.

You have the information, now is the time to make the commitment and make your reservations A.S.A.P.

I can be reached for questions or concerns at [tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com) or 716-240-9926.

This year's trip is going to be the best yet!

*Tom*



## Everyone enjoys the after-ride parties!



1,2 Gourmet cooking and sunny weather attracted a huge crowd for Jim and Kathy Vozga's Memorial Day Party on May 30. The ride, food & drink, and socializing combined for a perfect holiday afternoon.

3,4 Rebecca Ribis organized a great party after the Tuesday evening north ride on June 14. John and Judy Herman brought the Karaoke and broke the ice with impressive renditions of old favorites. Almost everyone else tried some time at the microphone and/or enjoyed partying after the ride. Photo 3 by John Perry.

## NFBC Team for the Tour de Cure

The Tour de Cure, a fundraising ride for the American Diabetes Association, was held on June 4. The NFBC team went into the ride as the #2 fundraiser in the club team category (final numbers aren't in yet). The weather was changeable all morning, with spotty showers (is that intermittent, isolated, or scattered?), but when the lightning began the ADA organizers chose safety

and closed down the route, bussing the longer-distance riders back to the start. The shorter distance riders never took off. Despite the weather, riders and organizers displayed great attitude and flexibility. Thanks to all the NFBC members who rode and/or contributed to this worthwhile cause.





## Niagara Frontier Bicycle Club

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The Saturday morning "breakfast " ride out of the UB North Campus draws a large group of riders. There are some variations to the basic 25 mile route that keep things interesting, but all ride along the Niagara River for some time. Options include extending the ride further down the river and a breakfast stop. Some people join the ride when the Saturday Weekend Ride is too long, too far away, starts too late, or whatever. Regulars have nick-named it the "ride for people who have a life" because it's easy to get a good ride in quickly and early, and still have time for more on your Saturday.

The Niagara Frontier Bicycle Club Presents

## The 2011 CanAm Century Weekend

Saturday, August 13 - Sunday, August 14th



### Count Me In!

Please Please Please Print Clearly

#### Rider Registration Form

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

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

Street Addr: \_\_\_\_\_ NFBC Member No\* \_\_\_\_\_

\* if you have one - not required to register

Phone No: \_\_\_\_\_

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

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

Your Email Addr: \_\_\_\_\_

Enclosed check for: \_\_\_\_\_ Payable to NFBC

Send completed form with payment to: NFBC - CanAm Registration  
1031 Tonawanda Creek Rd.  
Amherst, NY 14228

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

Note: Approved bicycle helmets are required. Also, 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)

#### Ride Options

I would like to ride:

- ☐ 35 Miles - Buffalo, NY, USA  
☐ 62 Miles - Buffalo, Niagara Falls, USA & Canada

- ☐ 100 Miles - Buffalo, Niagara Falls, Fort Niagara, USA & Canada

My size for my free tee shirt:

- ☐ Small ☐ Medium  
☐ Large ☐ X-Large

#### Saturday Scenic Graycliff Ride\*

An NFBC led, 9:00 AM ride from Chestnut Ridge Park south of the city, along a choice of two hilly routes, one 52 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 ride: a relaxed ride of 30 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

\* Details for all Saturday events will arrive in your information packet. No Additional fees!

#### Registration Cost

Register Before July 17	\$45
July 18 - August 7	\$55
August 8 to Ride Day*	\$70

\* Ride Day Registration is space available only. We are limiting this event to 300 riders.



[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

☐ No

City

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@yahoo.com](mailto: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:

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, 2011

**NFBC—We ride every day**

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

MAILING ADDRESS

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wheelworks  
— Let the Ride Decide —

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