

NFBC NEWSLETTER

Dates to Remember

- July 4, Special ride, regular week-day rides cancelled
- July 8, Nobels' Chautauqua Party Ride
- July 21, Tris & Bob's Party Ride
- July 25, Wed. PM South ride moved (see page 4)
- July 26-29, 1000 Islands Club Trip
- Aug. 4-5, CanAm
- September 2, Club Picnic

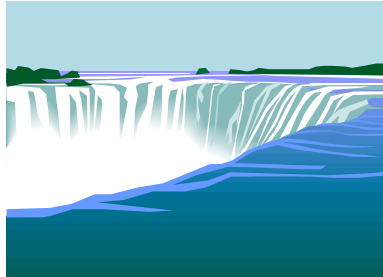
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www.nfbc.com

Register now for the 2012 CanAm (Aug 4-5)

What's great about the 2012 CanAm is that it's NOT NEW! Seven years of NFBC experience in planning and implementing this special ride weekend is behind every decision, route, and activity. The CanAm Organizing Committee, chaired by Rebecca Ribis and Linc Blaisdell, have put together an event that promises to be the best yet!



So don't delay. There are special pricing advantages to registering right now. Use the registration form on page 10 and send your check by mail, or use the CanAm web site (<http://www.canamride.com/>)

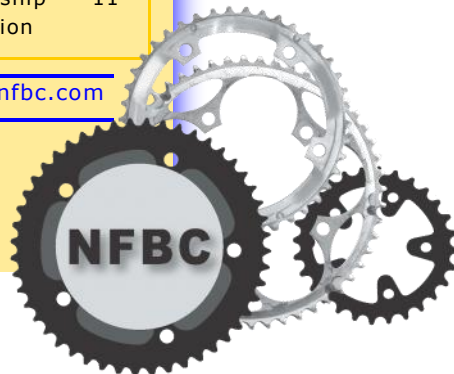
where you will be able to choose either online registration with credit card payment via PayPal or a mail-in form.

Here's what the 2012 CanAm, August 4-5, 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
- 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 after the ride
- 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 water bottle

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 Memorium: Carl F. Burgwardt, well known and appreciated by the Buffalo bicycling community, died on May 13, 2012. In the 1970s, Mr. Burgwardt and his wife became interested in vintage bicycles and in 1991 they founded the Pedaling History Bicycle Museum. Mr. Burgwardt continued his interest in bicycle history by writing the book "Buffalo's Bicycles—Reflections on Buffalo's Colossal and Overlooked Bicycle Heritage" in 2001. For more information, see the obituary published in the Buffalo News: <http://www.buffalonews.com/city/communities/hamburg/article894935.ece>





July 2012

WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sun, Jul 01	9:00 AM	725	Alabama Ramble	50/42	E-Z/MOD	0	Clarence Middle School, Greiner at Strickler	Jack Rimlinger 741-8512
Sun, Jul 01	9:00 AM	261	New New Oregon Road II	58/38	XD	3000	Pat's Place, 207 Eisenhower Ave., Angola, NY	Pat Danaher 310-8136
Wed, Jul 04	9:00 AM	757	Fox Valley	46/35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Carl Mach 685-0832
Sat, Jul 07	9:00 AM	749	Wilson - Olcott Express	41	Easy		Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	Greg Heim 692-8911
Sat, Jul 07	9:00 AM	46	Hills%\$# # @*Hills	34/28	XD/MD	2550	Hamlin Park (south parking lot), S Grove St East Aurora	Carl Mach 685-0832
Sun, Jul 08	8:30 AM		Chautauqua Institute Ride and Party				Main Gate Chautauqua Institute	Sandy Nobel 634-4333
Sun, Jul 08	10:00 AM		Chautauqua Institute Short Ride and Party				Main Gate Chautauqua Institute	Sandy Nobel 634-4333
Sun, Jul 08	9:00 AM	702	Royalton Ravine	45/34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Bob Alessi 694-0853
Sun, Jul 08	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	Fred Marcheson 824-4891
Sat, Jul 14	9:00 AM	730	Lower River Rd.	40	Mod	0	HSBC Plaza Sanborn, corner of Saund-er's Settlement Rt 31 and Hoover Rd., Sanborn	Alex Setlik 692-7045
Sat, Jul 14	9:00 AM	370	Pat's New Ride	43/28	Dif/MD	1800/ 1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 992-4081
Sun, Jul 15	7:00 AM	368	Lake O Century	102	Diff	860	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Tim Cleary 807-7174
Sun, Jul 15	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	Betsy Dexheimer 585-343-5172
Sat, Jul 21	9:00 AM	921	Puleo's Party Ride	40/37/25	?	1950/ 1200	5125 Newton Rd., Orchard Park	Bob Puleo 649-3427
Sun, Jul 22	9:00 AM	717	Indian Falls Trail	41/34	Mod/Easy	0	Clarence Middle School, Greiner at Strickler	Michele Smith 627-4352
Sun, Jul 22	9:00 AM	387	Zoar Valley (New Ride)	42/26	0	0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Jul 28	9:00 AM	396	Westwood Park to Akron Falls (New Ride)	37	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Liz Skelton 435-0244
Sat, Jul 28	9:00 AM	388	Elma East (New Ride)	60/35	Diff/Mod	2200/ 1100	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 310-8136
Sun, Jul 29	9:00 AM	706	East Wilson Express	36	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Sue Alessi 694-0853
Sun, Jul 29	9:00 AM	254	Loose Goose	45/35	XXD/MD	3200	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Ron Wakefield 877-2140

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., 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
Tuesday	AM	2952 Niagara Falls Blvd., near North French, behind Pet Supplies Plus, Amherst,	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Tom Williams, 688-2981
	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)	Peg Walker, 741-4616
	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	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster (map link)	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	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
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
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.



Riders on a Thursday PM South ride take a break from the bounce house and beer truck. New Ride Leader Liz Skelton offers 2 distances every Thursday evening in Lancaster, starting from a new location this year. She also provided this photo.

JULY 2012 RIDES AT A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>Buffalo 9 AM</i> Alabama Ramble New New Oregon II	2 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	3 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	4 Fox Valley	5 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	6 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	7 <i>Amherst 9 AM</i> Wilson-Olcott Hills%\$#@*Hills
8 <i>Buffalo 9 AM</i> Chautauqua Party Royalton Ravine	9 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	10 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	11 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	12 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	13 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	14 <i>Amherst 9 AM</i> Clarence to Alden Java Lake Ride
15 <i>Buffalo 9 AM</i> Lake O Century, Metric, & Short	16 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	17 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	18 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	19 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	20 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	21 <i>Amherst 9 AM</i> Puleo's Party Ride
22 <i>Buffalo 9 AM</i> Indian Falls Trail Zoar Valley	23 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	24 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>	25 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>*Orch. Park 6:30 PM</i>	26 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	27 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	28 <i>Amherst 9 AM</i> Westwood Pk Elma East
29 <i>Buffalo 9 AM</i> East Wilson Express Loose Goose	30 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	31 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Hamburg 6:30 PM</i>				

Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The regular day-of-the-week rides are indicated in italics; morning rides start at 9 AM in July and evening rides start at 6:30 PM.

*On July 25 only, the Wednesday PM South ride that usually starts in the Municipal lot in Orchard Park will begin instead at Chestnut Ridge Park. There is a community-wide event that will lead to limited parking at the Municipal building.

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

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, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!



July Rides of Special Interest

Two parties this month give us opportunities to socialize and re-fuel after great rides. On **Sunday, July 8**, Sandy Noble has two rides

leaving from the Chautauqua Institute Main Gate, one quite challenging and another more manageable. The rides are followed by a party at the Nobels' home inside the Chautauqua Institute. The Puleos open their home for a party on **Saturday, July 21**. Bob and Tris will also offer a choice of rides. As always, NFBC party rules apply. Bring a chair, a dish to share, a beverage of your choice, and don't forget the kitty.

Royalton Ravine gets its name from the park in Royalton that is one of those "Secret Places" in WNY that HS Science teacher and ecologist Bruce Kershner wrote about in a book by that name. It's a nice little Niagara County park that features a suspension foot bridge that straddles the banks of Eighteen Mile Creek, something to keep in mind for a fall hike. For us cyclists, though, there are park restrooms and a water spigot, a convenient rest stop on a nice ride.

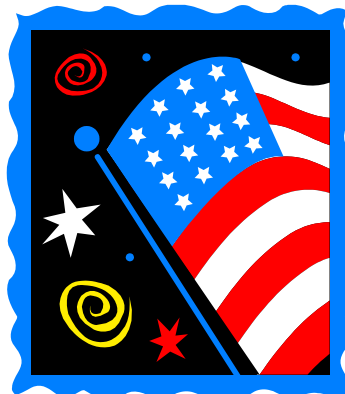


Some of the roads on this **Sunday, July 8** ride are

favorite Northtowns roads. Mountain Road sits at the edge of the Niagara Escarpment and, on a clear day, offers spectacular views out to Lake Ontario in a couple of spots. The route has some of the quietest (traffic-wise) roads in Clarence, Newstead and Royalton. Unfortunately, a side effect of the quietness of this ride means lack of businesses that cyclists like to have along these routes, like convenience stores, particularly on the shorter option of this route. But, as is usually the case, short options are compromised rides, so if you're even thinking about this ride, get your money's worth and do the long option. 45 and 34 miles are the advertised distances, all flat and easy. --Dennis

On **Sunday, July 15**, century riders will have a go at the "Lake O Century". Leaving from the Nelson C Goehle Marina (Wide Waters to us old-timers) in Lockport, there is also a metric century and a half-metric from which to choose.

Unlike the past couple months where the Southtowns Ride of the Month was very old and venerable, this month's is brand spanking new! Starting at Elma Meadows (bathrooms / showers / food), the Elma East ride on **Saturday, July 28** is dual distance (60/35) with long stretches of open road making for a great paeline ride on our way out through Corfu to our rest stop in Alexander. On the way back we have some rollers through Attica, Darien and Marilla but nothing hard - really - it's just plain fun and all downhill from here! So come on out and try something new. --Pat.



**Sunday
July 8**

The Nobels' Chautauqua Party Ride

The Rides: Starting from beautiful, historic Chautauqua Institution, we'll again explore the hills of Chautauqua County and nearby Pennsylvania. This year we'll repeat the favorite ride to Luensman Overview Park with several optional routes of varied distance and challenge, leaving at 10 AM from the Chautauqua Institution Main Gate. Our "distance" ride (47 miles) will leave from the Main Gate at 8:30 AM and will revisit the new version of the ride to Sugar Grove, PA. We'll have an optional refueling stop for pancakes (etc.) at the Sugar Shack before finishing our tour of the "Southern Hills". Total elevation for this ride is 2400 feet.

Alternate Activities in Chautauqua: In addition to (or instead of) our rides, you can enjoy the Craft Fair, the 2:30 band program in the Amphitheater, sign up for a tour of the grounds, visit the new Arts Center, swim, sail, and/or just wander among the historic houses.

Feel free to use the Nobel's condo, at the "Ithaca" (19 Waugh at the corner of Pratt) as your "base" or locker (be sure to bring a towel if you want to shower and change after riding or swimming). There are bike racks available here if you want to ride in.

The Party: Nobels will host a lunch providing the "main course" and assorted beverages. NFBC Party Rules apply (bring a dish to pass, etc.)

Directions: The fast option is to take the Thruway to Westfield Exit 60. Turn left on Rt 394 and follow it through Westfield and Mayville to Chautauqua Institution (about 3 mi beyond Chautauqua Marina which you'll see as you leave Mayville). Parking in the main lot at Chautauqua is free only until 1 PM. Last year some people continued about a mile past the Main Gate, down the hill, and found space at the Vacation Properties lot (on the left hand side of Rt 394). For information on ride day call 357.9015, the Nobels' Chautauqua number. For any pre-ride questions, try Chautauqua or leave a message at Sandy's work number, 839.3727. He'll get back to you if he's travelling.



Tris & Bob Puleo'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!

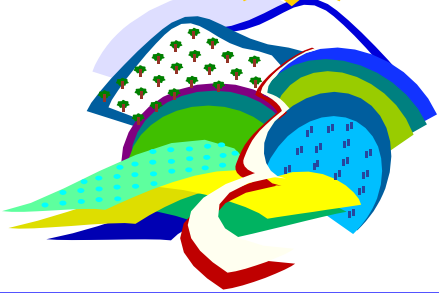
MILES	RIDE	STARTS @	ELEV
40 Mile	COLE 240	9:00 AM	1,950 ft.
25 & 37 Mile	REACH THE BEACH	9:30 AM	1,200 ft.

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 21**



The Club Picnic is Coming Soon!

Save the Date: **Sunday, September 2 @ Elma Meadows**
 (Details in the August issue of the *NFBC Newsletter*)

In the meantime, volunteer to help out at the picnic. Contact Jane Armbruster (688-3943, or armbruja@buffalostate.edu)

July 26-29

1000 Islands Club Trip—It's not too late!

Enjoy 4 days of cycling in the beautiful 1000 Islands vacation area at the border of New York and Canada along the St. Lawrence River and the eastern shores of Lake Ontario. The region takes its name from the more than 1000 islands that dot the waterway.

Tom Barone has planned an ideal trip: he reserved blocks of rooms, mapped out the rides, and planned optional meal locations for this a la carte style trip. The trip begins on Thursday, July 26, with a meet-up and ride before reaching Clayton.

Then 2 nights in Clayton include a choice of rides through beautiful islands, with amazing sights. On Saturday, July 27 we leave our cars in Clayton and cycle to Kingston Ontario, where we will stay for one night (July 28). On Sunday, July 29 we will ride back to Clayton and our cars, and then head for home.

Tom has already published many trip details on nfbc@yahoogroups.com, including links leading to the ride routes/cue sheets and accommodations. Contact him for more details, or to get another copy of the trip plan.

STEP #	What you need to do:	How to do it:
1	Make your room reservation for July 26-27 at Bertrand's Motel, 229 James St, Clayton, NY 13624	Bertrand's is now fully booked! Contact Tom for information about other area motels Call 1-315-686-3641 to reserve your room for Thursday July 26 and Friday July 27. Be sure to tell them you are with the Niagara Frontier Bicycle Club. Room rate \$75-\$78 per night including taxes DBL occupancy.
2	Make your room reservation for July 28 at Queens University, Leggett Hall, 194 Stuart St., Kingston, ON K7L 5V2	To reserve your room for Saturday July 28, call Lisa Playter at 1-613-533-2223 . OR you may go to https://housing.queensu.ca/reservations/ and select "Niagara Frontier Bicycle Club" from the pull-down menu and go from there. The rate is \$99 plus tax for a 2-bedroom unit (2 rooms with one bathroom)
3	Call or email Tom Barone to let him know you will be going on the trip. He will give you detailed information on routes and meeting plans.	Email: Tbarone2@roadrunner.com Phone: 240-9926

Important Information for the Thousand Islands Tour from Tom Barone

The response to this year's Thousand Islands Tour Club Trip has been exciting—48 riders have signed up so far. Here are some tips and useful information for preparing for the trip.

- I have arranged for a resident of Clayton, N.Y. to serve as our support vehicle driver (SAG) for the overnight trip to Kingston. To cover the SAG expenses, I will collect \$10 from each of the riders before we depart Clayton on Saturday morning. The SAG driver will transport our bags from Clayton to Kingston and back again the next day. Space is limited, so keep your bag small—a gym bag size.
- We will have a room to change from our riding clothes to our travel clothes upon arrival back in Clayton on Sunday. Unfortunately, there is NO shower use within this room. This cost is included in the SAG expenses.
- A Passport or Enhanced Driver License is required.
- I would also like to suggest that all riders have their bicycle in top maintenance form. These rides over the four days will be in areas that do not have repair-shops anywhere nearby. "Take time to prepare" for this adventure. I would suggest taking a bicycle lock along on this trip.
- There will be an a La Carte breakfast available at Queens University on Sunday. This will be a coffee cart with an attendant in Victoria Hall adjacent to the building our group will be staying in. This coffee cart will have available the following selections: coffee (\$2), juice (\$4), bagels (\$3), assorted pastries (\$2). Or of course you could ride your bike into Kingston and find an open restaurant but be sure you finish breakfast so as to be at the ferry boat dock by 8:30 a.m. SHARP when we depart.
- This year's trip is unlike trips the club has done in recent years; it is a cycling "tour". Tour cycling is meant to be a relaxed day-long event with many stops for pictures, checking the local sights and overall enjoyment of the cycling experience. We will portage to islands via a ferry boat on several occasions. Saturday's ride to Kingston will be approx. 53 miles and will take several hours to complete.
- There are many choices for dining in Clayton-- <http://www.discoverourtown.com/NY/Clayton/Dining-2483.html>. Right across the street from the motel is a great little family restaurant. The home made pie is worth the drive to Clayton all by itself!-- http://www.tripadvisor.com/Restaurant_Review-g47486-d501466-Reviews-Koffee_Kove-Clayton_New_York.html
- We will be walking across the Wellesley Island Bridges on both Friday and Saturday. The walk is lengthy on a narrow walkway. Riding shoes that have RECESSED cleats (cleat level or slightly recessed with sole of shoe) would work fine. However any rider who has true road shoes (block clamp type protruding away from sole of shoe) that causes the wearer to walk toe high and heel low, will have difficulty walking the bridges. It is my suggestion for the riders' comfort that they have a cheap pair of "flip flops" or easily folded slippers that can be used and then folded and put inside one of the rear jersey pockets.

Ontario Coroner's Report on Bike Safety Has Lessons That Apply Everywhere

By Lloyd Alter, June 19, 2012

129 cyclists were killed in Ontario, Canada between 2006 and 2010. The Chief Coroner for Ontario has just released a thorough investigation of them, and come up with findings and recommendations that have lessons that are applicable everywhere. Significantly, the first and most important one is for Complete Streets.

What's an Accident Anyways?

Right at the start, the coroner notes that there is no such thing. It is important to note that deaths resulting from cycling collisions, just like motor vehicle collision deaths and pedestrian deaths, are not "accidents" in the sense that all of these deaths were *predictable*, and therefore *preventable*.

Surprising statistics

The vast majority of cycling deaths were male (86%) and more than half of the cyclists killed were over 45 years old. Peak time of day was between 8:00 and 10:00 in the evening. In 83% of the deaths, conditions were clear. Only 4% of deaths happened during periods of poor visibility.

So those most at risk appear to be boomer men riding in the evening, not the usually blamed hipsters riding through stop signs in rush hour.

Table 5

Point of Impact	# of cases	% **
Bumper	55	53%
Hood	43	41%
Windshield	35	34%
Car Door	1	1%
Other part of vehicle	40	38%
Unknown	12	12%
Total	186*	

*Cases often had more than 1 point of impact

**Percentage calculated out of 104 cases

Coroner's office/Public Domain

The great majority of the accidents involved the cyclist being hit by the bumpers, hood or windshield of cars. The coroner infers from this that "the majority of collisions took place when the driver was attempting to pass the cyclist."

Clearly, there is an issue here of sharing the road; the great majority of accidents are cars hitting cyclists, not cyclists hitting cars.

Trucks

"In half of these [18 deaths where the cyclist was killed by a truck], the cyclist impacted the side of the truck, resulting in the cyclist being dragged, pinned or run over by the rear wheels."

Helmets

In 71 of the 129 cases (55%), the cyclist sustained a head injury which caused or contributed to their death. In 43 of those 71 (60%), a head injury alone (with no other significant injuries) caused the death. Those whose cause of death included a head injury were three times less likely to be wearing a helmet as those who died of other types of injuries.

Whose Fault is it?

The coroner found that cyclist's behavior contributed to 71% of the accidents, through inattention, failure to yield, or disregarding traffic signals. Drivers' behaviour contributed to only 62% of the accidents, mainly by speeding, inattention or failure to yield, but the coroner suggests that this is possibly a significant under-representation of the facts because, by definition in this study, the cyclists are all dead and can't defend themselves.



Recommendations:

Significantly, the first recommendation is for complete streets. In the United States, the term "complete streets" has been coined to describe the notion that cyclists could share the road safely with motor vehicles and other road users by implementing a variety of strategies, including creation of cycling networks (connected cycling lanes, separated bike lanes, bike paths and other models appropriate to the community) and designation of community safety zones in residential areas, with reduced posted maximum speeds and increased fines for speeding.

Sideguards on Trucks

The findings from the study indicated that half of those cyclists killed in collisions with heavy trucks impacted the side of the truck, where side guards could have potentially prevented or decreased the severity of their injuries. Because of this, the Panel supported the recommendation for the introduction of mandatory side guards on appropriate heavy trucks.

Mandatory Helmets

Notwithstanding the varied perspectives on helmet legislation, the Office of the Chief Coroner for Ontario takes the position that helmet use by all cyclists can and will decrease fatal head injuries, and should be mandated through legislation.

Additional Conclusions

Wearing headphones is not a good idea (possibly contributing to 21 deaths) nor is drinking and riding (possibly 30 deaths) or riding with shopping bags on your handlebars or heavy backpacks on your back.

Editor's Note: This article was copied from the Treehugger website and edited for brevity. For the complete article and other links, go to <http://www.treehugger.com/bikes/ontario-coroners-report-bike-safety-has-lessons-apply-everywhere.html#mkcpqn=fbth1>.



A total of 83 members participated in this years Members' Memorial Ride, held on May 26. A—32 riders on the 30-mile ride listened to some route detour suggestions. On the 62-mile ride (37 riders) a serious crash (the motorist's fault) was barely avoided by quick thinking and cycling skill. B—Still, Pat and Loren had to file a police report. Other riders enjoyed the break: C—Ron and Linc, D—Sandy and Tim, and E—Fred. 14 Riders did the century. Photos B-E by Linda Kalka.

Great food, drink, and socializing are the norm at Jim & Kathy Vozga's Memorial Day after-ride Party (Photos F-I by Ed Peters). J—A large number of NFBC members traveled to Maryland for the Baltimore Bicycling Club's Kent County Spring Fling. Photo J by Brad Russell.





The Niagara Frontier Bicycle Club Presents

The 2012 CanAm Century Weekend

Saturday, August 4th - Sunday, August 5th

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

Last Name: _____ First Name: _____

Street Address: _____ Date of Birth: _____

City, State/Prov, Postal Code _____ Gender: _____

Country of Birth: _____ Country of Citizenship: _____

Home Phone: _____ Cell Phone: _____

Your Email Address: _____

Emergency Contact: _____ Contact's Phone: _____

Send check payable to NFBC with completed form to:

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

After we receive your registration, we will send you a confirmation email.
Approved bicycle helmets are required. 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)

Registration Cost

Register Before July 7	\$40
July 8 - July 28	\$50
July 29 to Ride Day	\$65
<i>If space available</i>	

Sunday 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

Saturday Event Options

No additional fees!

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 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 25 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 and restaurants.

Niagara Frontier Bicycle Club

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Print Form

NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

Email1 Email2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:			Birthdate (if under 18)

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

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

NFBC Inc.
c/o Roy R. Tocha
11 N. Eaglecrest Dr.
Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to nfbc@yahoo.com

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
 - "Car Back": warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
 - "Car Up": warning the group that a car is approaching from the front. It is important to pass the word back.
 - "Single Up": telling the group that riders need to be riding single file
 - "Car Left or Right": warning riders at intersections or other places that a car might enter the path
 - "Walker or Runner Up": warning riders there is someone on foot on the riders' side of the road.
 - "Tracks": warning riders about railroad tracks. Riders should cross at right angles to the rails.
 - "Road Kill": warning riders there is a dead animal in their path.
 - "Hole(s)": warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
 - "Stopping or Slowing": warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
 - "On Your Left or Right": warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

July, 2012

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

tom's pro bike
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Lancaster, NY 14086
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