

NFBC NEWSLETTER

Dates to Remember

- July 2-6, Syracuse club trip
- July 18-20, Mumford club trip
- August 24, Club Picnic

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July Ride Highlights

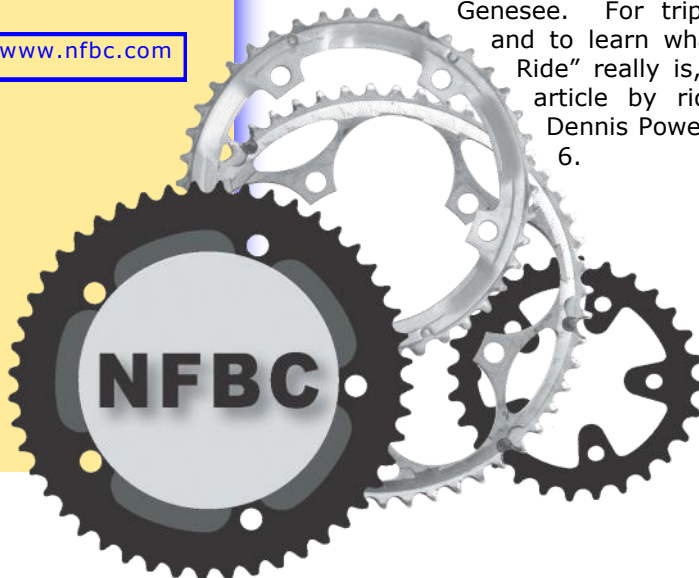
Hi Folks, well it's getting to be that time of year. The back of the car is getting full of old cue sheets. Weekly ride leaders are running out of rides. Chains are in desperate need of cleaning but there is no time. Kids are finishing school and that prepaid childcare runs out. Elaine is getting tired of late articles for the newsletter and Ron has the weekly website barrage. We have plenty of people on injured reserve and would like to see them. So this month we are not going to do a Corrigan. We are not going to do a ride of the month. We are going to have an unofficial picnic ride! That's right. On the **Sunday July 6th** New New Oregon Ride Loren and I will have any option you want including a great picnic afterwards! Just bring a libation, a chair to plop yourself in and we'll ease ourselves into the second half of the year....Come on out, Pat and Loren.

The Niagara on the Lake Ride on **Saturday, July 19** offers some of the most beautiful sights in our area. Cycling from Niagara Falls, NY across the Rainbow bridge has been



one of the easiest and quickest ways to get to Canada, so don't forget your passport! The charming town of Niagara on the Lake, the lush vineyards and water views, including the Falls itself, add up to a scenic ride!

A new, improved version of "Conesus Lake to Fowlerville" will premier on **Sunday, July 20**. Expect great scenery, some challenges, and trip features like Conesus Lake and the Abbey of the Genesee. For trip highlights and to learn what a "585 Ride" really is, read the article by ride author Dennis Powell on page 6.





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

July 2014 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Friday, July 04	9:00	757	Fox Valley	46/35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Brenda Fischer 984-1415
Saturday, July 05	9:00	722	Medina Albion Grand Tour	42/33	Easy	540	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	
Saturday, July 05	9:00	341	Hamburg to Collins	41/21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzales 861-8178
Sunday, July 06	9:00	362	Clarence to Alden	43/25	Easy	600/300	Clarence High School, Main St. at Gunnville Rd.	Tom Williams 688-2981
Sunday, July 06	9:00	261	New New Oregon Road II	59/43	XD/Diff	3000/1800	Pat's Place, 207 Eisenhower Ave., Angola, NY	Pat Danaher 310-8136
Saturday, July 12	9:00	405	Sing 'n Scream	43/31	Mod/Mod	0	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Brenda Fischer 984-1415
Saturday, July 12	9:00	401	Woody Allen	50/32	0	0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Carl Mach 685-0832
Sunday, July 13	9:00	744	Oak Orchard	46/34	Mod	0	Russell Town Park, Clinton & Main St., Akron	
Sunday, July 13	9:00	388	Elma East	60/35	Diff/Mod	2100/1100	Elma Meadows Park, Girdle & Rice Rds	Tim Cleary 807-7174
Saturday, July 19	9:00	708	Niagara on the Lake, BRING PASSPORTS!	45/38	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls, NY	Alex Setlik 692-7045
Saturday, July 19	9:00	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)	Bradshaw Hovey 857-0906
Sunday, July 20	9:00	707	Ransomville Ramble	40/32	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	
Sunday, July 20	9:00	258	Conesus Lake to Fowlerville	46	XD	2300	Lot H, SUNY Geneseo, I-90 to RT 63S, 1st L after bridge	Charles Grammer 886-4513
Saturday, July 26	9:00	735	Bergen Bakery Ride	44	Mod	810	Elba Central School, 57 S Main St (SR98), 4 miles north of NYS Thruway Exit 48, Elba	
Saturday, July 26	9:00	248	Nutcracker	47/27	XD/MD	3000/1500	Hamlin Park (south parking lot), S Grove St	Julie Alsani 474-0622
Sunday, July 27	9:00	335	Akron Junction	38/28	Easy	0	Parking lot on Sawmill at Main St., Clarence Hollow	Betsy Dexheimer 585-343-5172
Sunday, July 27	9:00	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	Frank Soltiz 937-6924

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

If you can facilitate a ride without a listed ride leader, contact Brenda (brendafischer99@yahoo.com or 984-1415) and if no one else has already volunteered, she will notify you and arrange to get the map packet to you.

DAY OF THE WEEK RIDE SCHEDULE

hyDAY	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	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 688-2968
	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., Swormsville (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	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	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
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	2 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	3 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	4 Fox Valley	5 9 AM Amherst Medina Albion Hamburg to Collins
6 9 AM Buffalo Clarence to Alden New new Oregon Rd	7 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	8 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	9 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	10 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	11 9 AM Clarence 6:30 PM Elma	12 9 AM Amherst Sing 'n scream Woody Allen
13 9 AM Buffalo Oak Orchard Elma East	14 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	15 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	16 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	17 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	18 9 AM Clarence 6:30 PM Elma	19 9 AM Amherst Niagara on the Lake Loose Goose
20 9 AM Buffalo Ransomville Ramble Conesus Lake to Fowlerville	21 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	22 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	23 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	24 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	25 9 AM Clarence 6:30 PM Elma	26 9 AM Amherst Bergen Bakery Ride Nutcracker
27 9 AM Buffalo Alden Ctr to N. Java	28 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	29 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	30 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	31 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster		

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!



Members relaxed and enjoyed a superb lunch at Jim & Kathy Vozga's Memorial Day party (May 26).



On May 31, NFBC members were among the many bicyclists who rode across the Skyway. The next day there was a second bridge crossing, NFBC-style!



The Wednesday morning riders regrouped in Hamburg.

585 Ride “Conesus Lake to Fowlerville”

By Dennis Powell

The NFBC has in its inventory a few rides that start in, or pass through, the area covered by the telephone land line area code 585, basically infringing on what might be Rochester Bicycling Club territory. Heading east from Buffalo Metro, the area code boundary between 716 and 585 is roughly a north/south vertical line that starts just east of Akron and Alden. We don't typically offer a lot of these farther east rides in a given year because for most club members it's a long drive to the ride start. However, this area provides a nice change of pace, a chance to take in some different scenery and get away from the same old same old. Besides, we have a few folks in the club who reside in these towns east-of-Buffalo—such as Batavia, Elba and Albion—who, I'm sure, appreciate a club ride start closer to their homes.

I found an old ride called Conesus Lake to Fowlerville in the Ride Bible . It had as highlights some attractive route features such as Conesus Lake, an old bridge/waterfall, and the Abbey of the Genesee. But it needed updating. The start location, SUNY Geneseo, had changed considerably with different parking lot designations. The cue sheet was also not to our current standards. The roads needed to be checked for changes. With the main ride at 46 miles, I also wanted to see if I could come up with a nice shorter ride option.

For the cyclist, the Finger Lakes is notable for lots of ups and downs, dramatic lake vistas and, of course, wineries and vineyards. Conesus Lake is the furthest west of the 11 'official' Finger Lakes and is probably the one most practical to target for a weekend club ride. As a “Finger Lakes” ride, it doesn't disappoint. It has the vistas and lake views. There isn't much in the way of vineyards but there IS at least one winery along the short route.

For the short ride, most of the climbing effort is front ended. You climb the bluff from Geneseo to

the lake and then descend to near the lake's shore. From there you'll encounter the usual Finger Lakes ups and downs, but most of your climbing is done. If you stop at the Paper Mills Falls rest stop, be sure to check out the millstones in the center of the cobblestone bridge crossing Conesus Creek. The long ride isn't flat, but I asked my wife, Jan, who is not fond of climbs, to ride and rate the short ride. There was some grumbling about the climbs, but she never got off the bike to walk.

The long ride has the same bluff out of Geneseo, but the more significant climb is Silker Hill. The grade isn't terribly steep, but the climb goes for some distance. As on the short ride you'll have rolling terrain after the Silker Hill climb, cruising through rural areas, past Paper Mill Falls, Abbey of the Genesee, and back to Geneseo.

For those who might consider stopping at the Abbey of the Genesee for Monk's Bread or other items, the Abbey church is under reconstruction. The store usually opens at 8:30 on Sunday and operates until services at about 9:30, but with the construction work monks have to travel afar for mass, so store hours are abbreviated, opening at around 9:30-10 and only until noon.

Jan and I will probably have lunch in Geneseo after the ride. We've already tried out the Bank Street Bagel Café and can say that, while not

special, it's not bad either. There are a deli and a couple of pizza places as options. We'll decide where we're going for lunch on the day of the ride and welcome anyone who might want to join us.

There's other stuff in the area. The Grand Canyon of the East, Letchworth Park, is close by. Rochester is not far—lots to do there—although there don't seem to be any festivals that date. The point is, it doesn't have to be JUST a long drive to a bike ride. Weather-permitting, you might want to try this one out.



SAVE THE DATE**Sunday, August 24****The NFBC Picnic****Como Park, at the pavilion*****Great riding, followed by fun, food, and drink!*****(more details to follow in the August Newsletter)**

Hankering to help out? Call picnic chair Jane Armbruster at 688-3943 or shoot her an email: janearmbruster@gmail.com. RSVP by Aug 15 and note food restrictions.

**Make a difference with your bike-ride for a good cause!****Bike MS Southtowns Shuffle**

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1st time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP)Learn more/Register: <http://bikenyr.nationalmssociety.org/site/TR/Bike/>[NYRBikeEvents?fr_id=23846&pg=entry](http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry)

Phone Contact: (800) 344-4867 x 70332

The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. Rides range from 15 to 100 miles through the beautiful Southtowns of Western New York and to popular Buffalo-centric landmarks. The fundraising minimum is \$250, but there are discounts for 1st time riders and people who ride in two upstate NY rides. Bike MS will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. Don't just ride, Bike MS.

July 2-6

Syracuse/Finger Lakes Club Trip

It's not too late for this a la carte style trip. If you're interested, check out the June NFBC Newsletter for details. For reservations call (315) 457-4000. Mention NFBC Buffalo, Niagara Frontier Bicycle Club. The rooms have two queen beds and are \$95.00 per night plus 13% tax. Notify Alex Setlik at alex.setlik@verizon.net that you've registered and he'll reply with the ride package (pdf files).

Batavia/Mumford Club Trip

July 18-20

It's not too late to sign up now! See the June NFBC Newsletter for details, then call the Batavia Best Western at **585-344-8882** to make your reservation; be sure to mention NFBC & Tom Barone, to get a room reserved at a group rate.

Everyone who is going on this trip MUST contact Tom Barone

(tbarone2@roadrunner.com) so that he has a head count for parking permits and the museum.

Guidelines for the new nfbc@Yahoogroups.com

Originally published in the April 2010 NFBC Newsletter, this set of guidelines formed one of three articles that introduced NFBC members to the (then) new NFBC yahoo group. Many people have joined the club since, so a refresher from time to time seems appropriate, especially at this time. It is important to note that we now have additional media for general discussions among NFBC members or bicyclists in general (forums on our web site or the NFBC Facebook page) although the yahoo group is still the way to get critical, timely NFBC information. Club members can join nfbc@yahoogroups.com on their own or by contacting one of the moderators: Dennis Powell, powell.dennis.j@gmail.com, or Roy Tocha, rtocha@yahoo.com.

As you begin to use the new nfbc@yahoogroups.com, please keep in mind the guidelines developed by Dennis Powell and the IT Committee [Dennis Powell, Chair, and Brenda Fischer, Jean Frederick, Colin Fritz, Elaine Rubenstein, Roy Tocha, Ron Wakefield].

The purpose of this list is to disseminate NFBC-related, time-sensitive information about rides and NFBC social activities (Ride parties, for instance). Posts to the list should be information of interest to most or all NFBC members. Please keep your posts on topic and brief. Comments about NFBC rides are OK. Comments about what you're having for dinner today would not be OK.

Refrain from using any profanities, vulgarities, or language that may be offensive to other list members.

Be courteous when responding to someone else's post. If you disagree with a comment and wish to express this on the list, reply politely.

This list is NOT to be used for any commercial pur-

poses. Private sellers may advertise bikes they wish to sell, but a bicycle business should NOT announce that it has a bike sale this weekend.

Email attachments, such as pictures, are disallowed. You may post pictures at Yahoo groups on the web page set up for NFBC. You will have to set up an account with Yahoo to do this.

[After you join the yahoo group] You are automatically set up to receive each post to the list as an email. Other options available are to receive a once per day digest of all the postings for a given day, only receive 'official' messages from list moderators (Roy and others) as emails, or read all messages on the web at yahoo groups. For now, we suggest you

stick with the default settings, and only choose one of the other options if the chatter from the group rises to an uncomfortable level (which we think is unlikely). In that case, you can change the settings yourself if you have a yahoo account, or ask one of the moderators to change it for you.

The *NFBC Newsletter* will continue to provide the official version of ride schedules and related information, but if last-minute

changes concerning ride starts are necessary, the Ride Committee members are the only acceptable source for any last-minute changes. The ride leader should contact a Ride Committee member who will subsequently post that information to the group.

Remember that at this time there are still many club members who check email infrequently or not at all, or who choose not to join this group, or not to receive email from the group. Because of this, publication in the *NFBC Newsletter* is still the only way to be certain that information reaches all members.



This 'n That

The NFBC team in the Tour de Cure raised over \$3000 dollars (donations are still being counted) to support diabetes research and advocacy. Thank you to team members Betsy Dexheimer, Sarah Larocque, Arlyne Lepie, Michael Miene, Phyllis Newman, Harry Newman, Kathleen O'Connor, Elaine Rubenstein, Larry Wehling, and Derrick Wojcik for representing NFBC in this effort! Some of the team members gathered for the photo at right before the ride.



If you use Strava to record your rides you might want to know that there is an NFBC Strava group. You can join it by going to: <http://www.strava.com/clubs/niagara-frontier-bicycle-club>



phillipmartin.info

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RENEW YOUR NFBC MEMBERSHIP NOW! Application on page 11, or at nfb.com

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, 2014

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



3687 WALDEN AVE. LANCASTER, NY 14086 716.651.9995

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