

NFBC NEWSLETTER

Dates to Remember

- July 9-13 Club Trip Finger Lakes
- July 22 Wed Nite South out of Chestnut Ridge
- July 24 Old Grand Island Ride
- July 25 Linc's Party Ride

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www.nfbc.com

It's HERE!

July is probably the prime cycling month in Western New York. Hours of daylight are sufficiently long, air temperatures, even in the morning, are comfortable and most cyclists have achieved top form by now. The Tour de France occurs through much of this month providing subject material for NFBC after-ride chit chat.

Our July schedule consists of some of the longer and better rides in our inventory. Following are some of the highlights for July.

A new ride authored by our webmaster, Ron Penton will make its inaugural run on July 18. Those familiar with some of the roads it consists of say Molasses Hill will prove to be a scenic tour, albeit challenging, so check it out.

The NFBC club trip will be held on July 9-13 in the Finger Lakes. Members who partake of this trip will have stories to share when they return, at least the ones they're willing to share. (Please feel free to share these stories and pictures with your editor.)

More than a few years ago, there was a weekly Friday night ride on Grand Island that many club members would really look forward to. Often dealing with delays going over the Grand Island bridge on the way to the ride, the reward was the adrenaline rush of a very fast-paced roll, a loop of the island with almost nothing to slow you down, except for that SW wind coming over the river on the west side of the island. With some very fast folks providing 'pull', it wasn't unusual to do the 24.7 mile loop (when Beaver Island park was included) in under an hour. You can relive the experience or find out why it was such a popular ride on Friday, 7/24 when the Elma Friday south ride moves north to Grand Island. More about this inside.

On 7/25, our club President, Linc Blaisdell, is offering a party ride. For those who don't know Linc, he is also involved in Orienteering, a sport that can roughly be described as a foot race in the woods that requires navigational skills using map and compass. Linc will combine some of the aspects of Orienteering to the rides for his party. It should be a lot of fun. Check out Linc's description inside.

Also inside, something about what ride leaders do and organization of club trips.



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JULY 2015 WEEKEND RIDE SCHEDULE

DATE	TIME	RIDE #	RIDE NAME	MILES	RATING	ELEV	LOCATION	RIDE LEADER
7/4/2015	9:00 AM	741	War of 1812 Overlook	43/ 32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	RIDE LEADER NEEDED
7/4/2015	9:00 AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Carl Mach 685-0832
7/5/2015	9:00 AM	362	Clarence to Alden	43 / 25	Easy	600/300	Clarence High School, Main St. at Gunnville Rd.	RIDE LEADER NEEDED
7/5/2015	10:00 AM	292	Frog Valley (The Sunset Bay Ride)	45 / 35	XD - D	0	Burger King Lot Off I-90 Exit 58, Silver Creek	Pat Danaher 310-8136
7/11/2015	9:00 AM	405	Sing n'Scream	43 / 31	Mod/Mod	0	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	RIDE LEADER NEEDED
7/11/2015	9:00 AM	401	Woody Allen	50/32	0	0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bradshaw Hovey 857-0906
7/12/2015	9:00 AM	708	Niagara on the Lake	45 / 38	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	RIDE LEADER NEEDED
7/12/2015	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)	Carl Mach 685-0832
7/18/2015	9:00 AM	744	Oak Orchard	46 / 34	Mod	0	Russel Town Park, Clinton & Main St., Akron	RIDE LEADER NEEDED
7/18/2015	9:00 AM	413	Molasses Hill	58/34	XXD/DIFF	3800/2600	Bank Parking lot, Rt 238 & Exchange St, Attica	Ron Penton 531-1047
7/19/2015	9:00 AM	391	Elma Meadows Picnic Long Rides	45/ 33	X-D/ DIFF	2800/ 2000	Elma Meadows Park, Girdle & Rice Rds	Vicky Perry 445-5861
7/19/2015	9:00 AM	707	Ransomville Ramble	40/ 32	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	RIDE LEADER NEEDED
7/24/2015	6:30PM	923	Old Friday Grand Island	25	Easy	not much	Hotel On River Road, 100 Whitehaven at E River Rd.	Bruce Kennedy 662-7156
7/25/2015	9:00 AM	926	Linc's New Party Ride	0	0	0	Clarence Middle School, Greiner at Strickler	Linc Blaisdell 479-9431
7/26/2015	9:00 AM	248	Nutcracker	47 / 27	XD/MD	3000/1500	Hamlin Park (south parking lot), S Grove St	Joe Giovenco 834-9153
7/26/2015	9:00 AM	737	Wilson Harbor Breeze	35	Easy	450	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	RIDE LEADER NEEDED
8/1/2015	9:00 AM	380	Greycliff Ride	52 / 43	Diff/ Mod	2500/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	See Newsletter in August
8/1/2015	9:00 AM	781	Seneca Smoker	26	Mod/EZ/EZ	1160/720/?	Clarence Middle School, Greiner at Strickler	See Newsletter in August
8/2/2015	9:00 AM	388	Elma East	60/35	Diff/Mod	2100/1100	Elma Meadows Park, Girdle & Rice Rds	See Newsletter in August
8/2/2015	9:00 AM	727	East Pembroke	43	Mod	1100	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	See Newsletter in August

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	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Joe Pizzuto 982-4142
	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 Bob Silkes 688-6246
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)	
Weekday AM Rides	10:00 AM in April, May,	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

JULY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	2 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	3 9 AM Clarence 6:30 PM Elma	4 9 AM Amherst War of 1812 Over-look Hamburg to Collins
5 9 AM Buffalo Clarence to Alden Frog Valley	6 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	7 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	8 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	9 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	10 9 AM Clarence 6:30 PM Elma	11 9 AM Amherst Sing n'Scream Woody Allen
12 9 AM Buffalo Niagara on the Lake Loose Goose	13 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	14 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	15 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	16 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	17 9 AM Clarence 6:30 PM Elma	18 9 AM Amherst Oak Orchard Molasses Hill
19 9 AM Buffalo Ransomville Ramble Elma Meadows Long	20 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	21 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	22 9 AM Orchard Park 6:30 PM Clarence 6:30 PM The Ridge	23 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	24 9 AM Clarence 6:30 PM Old Grand Island Ride	25 9 AM Amherst Linc's Party Ride
26 9 AM Buffalo Wilson Harbor Nutcracker	27 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	28 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	29 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	30 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	31 9 AM Clarence 6:30 PM Elma	1 9 AM Amherst Seneca Smoker Greycliff Ride

The recurring day-of-the-week rides are indicated in italics.
Weekend Rides start times are in the schedule on page 2.

NFBC NEWSLETTER DEADLINE
The deadline for submission of articles to the Newsletter is the twelfth (12 th) 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 powell.dennis.j@gmail.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!

RIDE LEADERS

Not what you might think



NFBC rides always start out with members signing a form at the ride start. This piece of paper is for two purposes:

1. You are signing a liability waiver, basically stating that you realize you are engaging in a potentially dangerous activity and will not hold the club liable if some misfortune befalls you on the ride.
2. We keep track of club miles. Awards are given out at our year-end banquet for high mileage in different categories, so this metric gets noted by the club. This is why there's usually a separate sheet for different ride distances.

The other thing you do is pick up a cue sheet/map of the ride.

The person handling the sign-in/ cue sheet distribution duties at the ride start is termed the 'Ride Leader'. You might think this title assumes you need to have intimate knowledge of the route, that you will be the last one out of the parking lot and will assist other riders with mechanical breakdowns, give directions to riders confused by the cue sheet/map, or in some other fashion, be responsible for all the NFBC members on the ride. Actually, ride leaders need to show up on time with the ride packet provided by the Ride Committee, collect signatures and hand out maps (just open your trunk/ liftgate, it's mostly self service), then go have fun on the ride. You need

to worry about other members on the ride only to the extent you'd worry about them if you were NOT Ride Leader. Once you finish the ride, you have only one more obligation. You need to put the sign-in sheet in the SASE provided in the ride packet and drop it in a mailbox in a reasonable amount of time, preferably within a week of doing the ride. That's it. (Oh, bring a pen for the members to do the signing with.)

Committing to doing the ride leader chore helps the club immensely. It's a good way for new members (or shy folks) to get themselves known by other members. It won't take much of your time and you'll get a feeling of accomplishment in giving something back to the club.

The entire year's schedule is on the NFBC web site (<https://nfbc.com>). If you see a ride you'll probably do anyway and it is missing a ride leader, consider delighting the bejabbers out of Brenda Fischer (VP and head of the Ride Committee) by contacting her to be the ride leader for that ride. The contact information is at the back of this newsletter and also posted on the web site. You'll get a packet from her and a big THANK YOU from the rest of the club.

Hurry, supplies are limited.



Join us for the 2015 reprise of an NFBC tradition

Friday Night Grand Island TGIF Ride - July 24, 6:30 PM

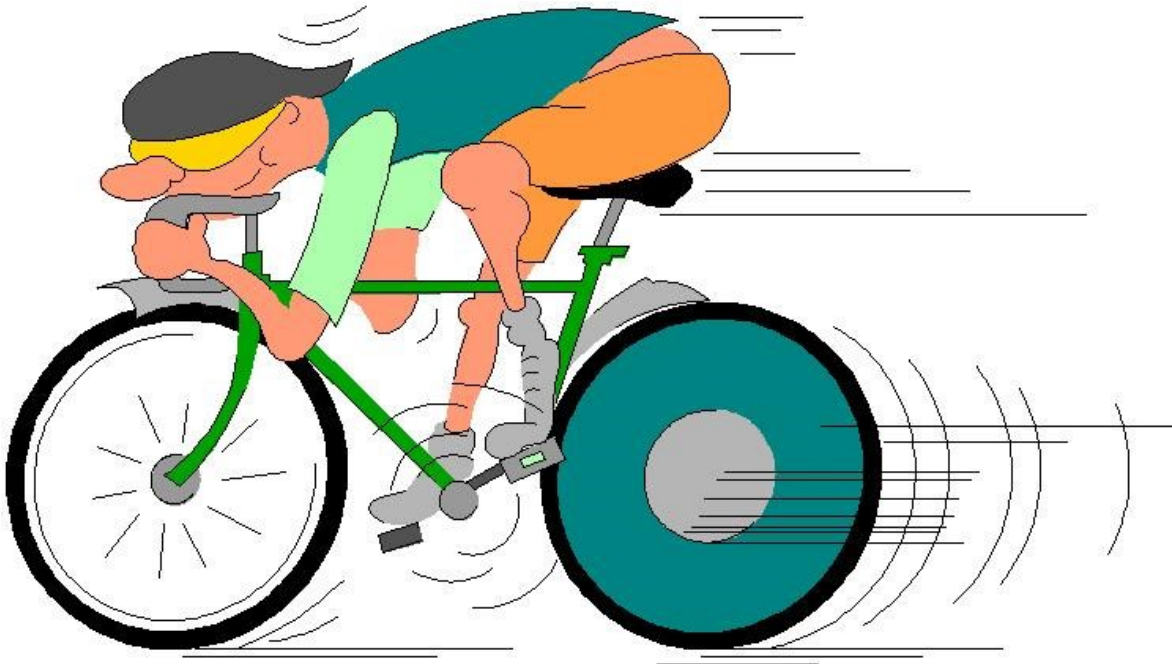
For one night, and one night only, the Grand Island Ride returns! Yes the Friday night, 25 mile, no turn, keep the water on your right, river loop made famous by Bruce Kennedy leaves out of the hotel parking lot at 6:30 PM. The hotel is now Byblos Niagara Resort and Spa (formerly the Holiday Inn). This ride replaces the Friday night south, Elma Meadows ride this one time.



PLEASE NOTE

On **July 22**, the Wednesday night Orchard Park ride will start at the Chestnut Ridge Park Casino due to an event in the village. **Allow extra travel time** because there will be road closures in the Four Corners of Quaker & Buffalo Streets.

Frank





PARTY AT THE PREZ'S HOUSE

Linc's Party Ride

**Saturday
July 25**

The Party:

The party is at my house at **4715 Ransom Rd in Clarence.** (Ed. Note: See Party Rules pg. 4)

The Rides:

Linc's Bicycle Orienteering Rides

What I am planning is something more like a road rally. I will provide maps and cues for two or three routes for riders who want to do different distances. When you choose the route and get your map, you will find points that I have marked where you will stop to find out a piece of information and circle the correct answer on the contest sheet that I give you. You could stop at each point I mark or just a few if you prefer to keep riding.

For example, all riders will start at the Clarence Middle School. One of the route choices may take you by the Clarence Elementary School on Clarence Center Road. On your question sheet, you might find the question, When was the present building first built. Your choices might be 1938, 1950, 1962, or 1970. Circle the correct answer. If you circled 1938, you would get that question correct. Or you may be cycling by a cemetery and have to find a piece of information on one of the gravestones. Or you may have to identify the color of the door on a certain building.

I MAY use some of our orienteering flags in the park areas on the routes—Akron Park, Clarence Town Park, Darien Lakes Park. The flags have numbered disks on the top, so I could ask a multiple-choice question about the correct number.

I would like to have people ride in pairs or small groups on this ride for safety reasons because you will be both following the route AND looking for features.

If you have any questions, e-mail me or call me at the contact info listed in the Newsletter.

Linc Blaisdell

FUTURE CLUB TRIPS



The NFBC lost two of its most prolific club trip organizers this past year. Alex Setlik relished the role of mapping rides, both locally and in more distant places. His last set of club trip rides will go off this month on July 9-13.

Tom Barone spearheaded a few 'long weekend' trips, rides where you'd start locally, ride someplace distant and stay overnight (or a couple of nights), then ride back. In one case, the ride out was on a 'Bike Train' from Niagara Falls, ON to Toronto. Sometimes, long weekends are someplace a couple of hours drive away. Long weekends differ from the club trip in duration of trip and distance away from Buffalo.

Club members should know that ANY member can organize a club trip. You don't need to be an expert at creating ride maps and cue sheets. You don't have to have travel agency experience in your resume. What's important is to have a location in mind with cycling appeal, such as quiet roads, scenery and maybe some novelty, such as light houses, covered bridges, ferry shuttles across waterways, something a little different than what we have locally. With respect to novelty, also consider what is available outside of riding. Does the place offer attractions that a person on vacation might want to visit? Consider events, such as festivals for potential trip destinations and dates. Hilly areas may be fine, but look for destinations that offer flatter options as well.

For cycling routes on the trip, cycling clubs in the destination area are often very helpful. On-line resources, such as MapMyRide and RideWithGPS have routes posted by others that can suggest which roads are viable for cycling.

In general, a club trip should be within around 8 hours drive from Buffalo. Accommodations in the destination area should be modestly priced. Many of the chain hotels will allow you, with enough advance notice, to reserve a block of rooms for the trip. Plan the trip for when the best weather is likely to occur. Trip length should be about 5 days, includ-

ing travel and include a weekend. Plan cycling routes for all 5 days with shorter routes for the travel days. If possible, provide short/long and/or easy/hard for most days.

The club has a formal process for club trips. First of all, if you have an idea you are working on, you'd submit a form outlining the trip to the NFBC Board. The board would review all submittals and decide on one destination as that year's club trip. (Having more than one trip offering would likely split up to two separate groups and deemphasize our 'clubbiness'.) Note, that your trip, if not selected by the Board on the year submitted, might be an option for the following year. Once accepted, the Board and Ride Committee would need to review the cue sheets/maps of the trip rides, details on lodging and any special activities being planned during the trip. Note that this second process is necessary to insure that club members on the trip will enjoy complete and safe cycling routes and that lodging and activities will be acceptable to all.

Long weekend trips can be offered in same year as club trips. They may be considered extended versions of our usual weekend touring rides. If the ride consists of riding bicycles from Buffalo to someplace and staying overnight, you'll need to figure in a way to shuttle everyone's luggage back and forth. The same forms get used for the weekend excursions, but outside of timing conflicts ruling out a particular weekend ride, there would be less likely of a case where the ride would be denied by the Board.

While you, as trip submitter, would be in the lead role for organizing the trip, should you need help, the club will lend support. The ride committee has a lot of expertise in making cue sheets and may also have suggestions on how to go about creating a safer cycling route. Others can help out with picnics or parties you may wish to have during the trip.

Request a form from Linc Blaisdell if you have a trip in mind. Linc's contact information is on page 10 of this newsletter.

Support the Local Bike Shops that support your NFBC



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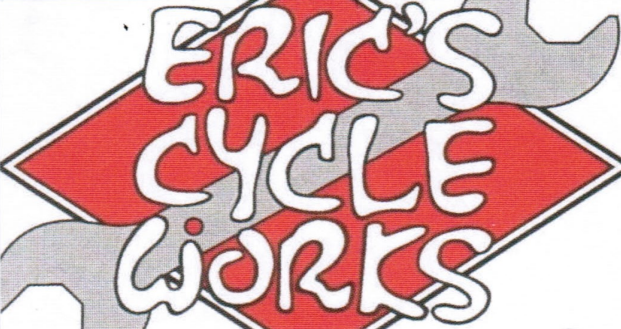


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Welcome to the Club

If I meet someone new and chat with them, I usually need to say their name at least 3 times in order to retain it. So I had asked the uniquely attired riders pictured below, who were on the ride out of Como Park on Jun 6, their names so that I could include it with their pictures in the newsletter. Unfortunately, I didn't repeat their names 3 times to myself, nor did I have a way to write it down when I asked them. I DO know they are new club members. They might be Stacy and Chris. They might not be. Look at their pictures closely and if you see them on club rides, introduce yourself and ask for their names. When they respond, repeat the name at least 3 times so you don't forget and suffer the embarrassment of not knowing who they are next time you run into them. (Stacey and Chris, or whoever you are, please don't hold this against me. I've always had trouble remembering names and it doesn't get easier as I get older.)



Suit 'n Tie Stacy?



Bag o' Bones Chris?

Niagara Frontier Bicycle Club

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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

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
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@yahoogroups.com

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

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

- 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 2015

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

