

NFBC NEWSLETTER

Dates to Remember

- July 2 - Lewiston post-ride lunch at the Silo
- July 4 - Independence Day rides
- July 12 - Special Tuesday AM ride start, Mississippi Mudds.
- July 15 - Old Grand Island Friday Ride
- July 17 - Bob and Tris's Party Ride

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SUMMER IS FINALLY HERE

The air is warm and the days are long. July is probably the best month for cycling in Buffalo. Good thing because there are a lot of great rides on the schedule this month. Here's what's happening:

- Jane Armbruster would like everyone to get together for "Lunch at the Silo" after the July 2 "War of 1812 Overlook" ride in Lewiston.
- Two great rides for Independence Day, a North and far South ride.
- Joe Pizzuto has a very special start location for one of his morning rides.
- The Grand Island Friday ride, which used to be a popular recurring ride, gets 'recycled' for one Friday this month.
- An NFBC party ride at Bob and Tris Puleo's house.
- The NFBC Club trip to Corning/Horseheads.

The rest of the schedule is filled with some of the nicest rides in the NFBC inventory. Check it out and fill in your personal ride calendar with some great options.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

JULY 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Jul 02	9:00AM	741	War of 1812 Overlook	43/ 32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Betsy Dexheimer 585-343-5172
Sat, Jul 02	9:00AM	403	Ride for the Ell of It	46 / 28	Diff/MD	2700/150 0	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 983-4290
Sun, Jul 03	9:00AM	724	Pleasant Country Picnic Ride	46 / 36 / 33 / 26	Easy	0	Clarence Town Park, Goodrich Rd.	Jack Rimlinger 741-8512
Sun, Jul 03	9:00AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Mon, Jul 04	9:00AM	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	
Mon, Jul 04	10:00AM	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
Sat, Jul 09	9:00AM	418	New Kamath Ride	TBD / TBD	TBD	TBD	West Canal Park (Near Niag. Falls Blvd), Pendleton	
Sat, Jul 09	9:00AM	401	Woody Allen	50/32	0	0	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600
Sun, Jul 10	9:00AM	706	East Wilson Express	34/ 28	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Betsy Dexheimer 585-343-5172
Sun, Jul 10	9:00AM	254	Loose Goose	45 / 35	XXD/MD	3200	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland	Fred Marcheson 870-2112
Sat, Jul 16	9:00AM	767	Bunker Hill Road	36 /27	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	
Sat, Jul 16	9:00AM	413	Warsaw Valley	58/34	XXD/DIFF	3800/260 0	Bank Parking lot, Rt 238 & Exchange St, Attica	Ron Penton
Sun, Jul 17	9:00AM	924	Bob and Tris' Party Ride	?	Mod	Probably	Bob and Tris' house, 5125 Newton Rd., Orchard Park	Bob Puleo 649-3427
Sat, Jul 23	9:00AM	707	Ransomville Ramble	40/ 32	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	
Sat, Jul 23	9:00AM	391	Elma Meadows Picnic Long Rides	45/ 33	X-D/ DIFF	2800/ 2000	Elma Meadows Park, Girdle & Rice Rds	
Sun, Jul 24	9:00AM	737	Wilson Harbor Breeze	35	Easy	450	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	
Sun, Jul 24	9:00AM	248	Nutcracker	47 / 27	XD/MD	3000/150 0	Hamlin Park (south parking lot), S Grove St	
Sat, Jul 30	9:00AM	781	Seneca Smoker	45/31	Mod/EZ/EZ	1160/720	Clarence Middle School, Greiner at Strickler	
Sat, Jul 30	9:00AM	388	Elma East	60/35	Diff/Mod	2100/110 0	Elma Meadows Park, Girdle & Rice Rds	Tim Cleary 807-7174
Sun, Jul 31	9:00AM	727	East Pembroke	43	Mod	1100	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	
Sun, Jul 31	9:00AM	358	Holi-Terror	49 / 38	XXD/Diff	3200/200 0	Holimont Ski Area Parking Lot, RT219 to Ellicottville, straight at light onto SR 242, L into Holimont	

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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Carlos Torres (temp) 207-9968
	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk.	10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	1 10 AM Clarence 6:30 PM Elma	2 9 AM Amherst War of 1812 Overlook Ride for the L. of It
3 9 AM Buffalo Pleasant Country Ride Hamburg to Collins	4 Lancaster to Akron Falls Frog Valley	5 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	6 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk.	7 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	8 10 AM Clarence 6:30 PM Elma	9 9 AM Amherst New West Canal Ride Woody Allen
10 9 AM Buffalo East Wilson Express Loose Goose	11 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	12 10 AM Special Start 6:30 PM Pendleton 6:30 PM Hamburg	13 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk.	14 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	15 10 AM Clarence 6:30 PM Old Grand Island	16 9 AM Amherst Bunker Hill Rd. Warsaw Valley
17 9 AM Buffalo Bob & Tris's Party	18 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	19 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	20 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk.	21 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	22 10 AM Clarence 6:30 PM Elma	23 9 AM Amherst Ransomville Ramble Elma Meadows Rides
24 9 AM Buffalo Wilson Harbor Breeze NutCracker	25 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	26 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	27 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk.	28 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	29 10 AM Clarence 6:30 PM Elma	30 9 AM Amherst Seneca Smoker Elma East
31 9 AM Buffalo East Pembroke Holi-Terror						

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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 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!

Party/Social Events of Note

Lunch at the Silo in Lewiston

After the **July 2 , War of 1812** ride out of Lewiston, join your cycling compatriots for lunch at the Silo.

Located at the foot of Center Street, the Silo is a local favorite that features (among many other items, including vegetarian options) the Haystack (look it up!), dubbed by The Travel Channel's Man V. Food host "the holy trinity of dude food."

Sheltered seating overlooks the scenic Niagara River, providing additional respite after a good, hot ride.

— Jane Armbruster

Tris & Bob's Party Ride

"COLE 240" & "REACH THE BEACH"

JULY 17, 2016

Multiple choice ride with four options, something for everyone.

Come on out and take your pick!

Bring a dish, bring a chair!

Hope to see you there!

<u>MILES</u>	<u>RIDE</u>	<u>START</u>	<u>ELEV</u>
27 & 40 Mile	COLE 240	Ride Starts @ 9:00 AM	1,950 ft.
22 & 36 Mile	REACH THE BEACH	Ride Starts @ 9:00 AM	1,200 ft.

Party at 12:00 PM Rain or Shine

5125 Newton Rd. Orchard Park, 649-3427

See below for Directions

DIRECTIONS to 5125 Newton Rd.

Take I-90 West to Rt. 219 S to Armor Duells Exit and

L @ Armor Duells,

L @ S. Abbott (just before gas station & stop light),

R @ Newton to 1st house on left (park perpendicular to road on grass in front of house)

INDEPENDENCE DAY RIDES

This year, July 4 conveniently extends the weekend by landing on Monday. We have a weekend-like offering of rides for July 4. The North ride is Lancaster to Akron Falls, rolls out of Lancaster High School at 9am sharp with 36 and 23 mile options. For the South ride, we get a little away from our area with the Frog Valley ride, which starts in Silver Creek. Note, the **Frog Valley ride has a 10AM start time** to allow for the travel to the ride start.

Like other major holidays, the recurring day and evening rides are suspended for that day.

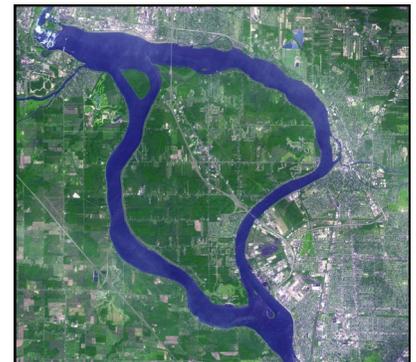
TUESDAY MORNING - JULY 12

The Tuesday morning ride will have a one-time special start at Mississippi Mudds, 313 Niagara Street in Tonawanda (across from Niawanda Park on the Niagara River), on July 12.

Join us for the 2016 reprise of an NFBC tradition

Friday Night Grand Island TGIF Ride - July 15, 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. Leave some time in your schedule for dinner at a nearby restaurant after the ride.



EDITOR'S NOTE



1. There seems to have been a rash of printed Newsletters getting lost in the mail lately. It isn't a lot but one or two end up not getting delivered each month for the past few months. The outfit doing the printing and mailing claims to not be doing anything different than in the past. Since I don't have a convenient means to print and mail, sending out missing newsletters is difficult. I now have something set up with the printer for handling missing copies. Please let **ME** know (contact info at end of newsletter) if you're Newsletter doesn't get delivered. While I try to make sure the print job goes out with time enough for printer and postal service to get it to your door by start of the pertinent month, it may arrive a little late, so give it a couple of days into the month before you notify me of a missing Newsletter.
2. Something that folks who view the Newsletter on line may not know is that the Newsletter comes in two discreet sizes, an 8-page and a 12-page edition. The reason for the sizing has to do with forming the newsletter into a printed booklet that looks similar to the way newspapers are formatted. When you see an 8-page edition, this means I didn't have enough content for the 12-page edition. But then there's that in between area, enough for a little more than 8 pages but not near enough to justify 12 pages. IF my content would have fit nicely on 9 pages, for instance, I may have to whittle content down to bare minimums and squeeze things in order to make it fit on 8 pages. Similarly, I may have to fill a 12-page edition with more graphics and larger font to keep from having too much white space. Some editions work out nicely, others not so much. I hope this explains some of the variability in presentation you may have noted between different editions.



Jim and Kathy's Party Ride

According to Lori Harf, who provided pictures below, there were about 40 NFBC members at Jim and Kathy's Memorial Day party ride. As the pictures illustrate, weather was terrific. The pool was open and it was reported there were a few folks who opted for a refreshing dip after their ride. Jim's lunch offering was Turkey Tetrazzini, yum. Lori said she left at about 3:30 and there were still quite a few folks still hanging around and chatting, enjoying this unofficial start of the NFBC summer season.



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



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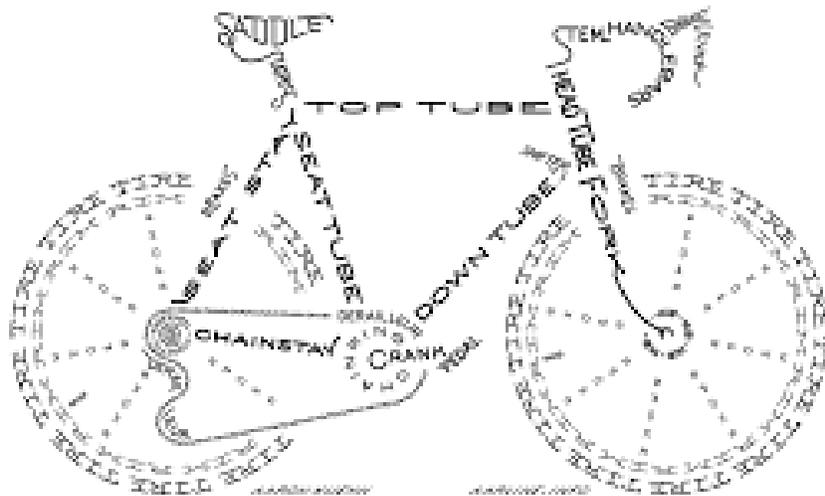
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NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

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@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 2016

NFBC—We ride every day

Niagara Frontier Bicycle Club
P.O. Box 211
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