

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

July 2017

We ride every day!

Volume 48, Issue 6

Dates to Remember

- July 4 - Special 'weekend-style' rides for the holiday
- July 14 - Special Friday Grand Island Ride
- July 16 - Linc and Millie's Party Ride

Inside this Issue

Schedule	2,3
Events	4

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July - Peak of the Riding Season

The days are long, the temperatures are warm, and most folks are at their peak conditioning. July is the time for the long rides on quiet country roads.

Check out the weekend ride schedule for some of the best rides in the NFBC inventory.

We also have two nice rides running on July 4, a north and south ride.

Linc and Millie Blaisdell will host their biennial party ride in July.

AND, a blast from the past, there will be a special Friday evening ride, the circuit of Grand Island, about 25 miles non stop with the idea of trying to complete the course in under an hour.

Look for details on the rides inside this issue.

Special Event - Intermodal Hub Opening in City of Tonawanda

I am reaching out to you on behalf of the City of Tonawanda. The City of Tonawanda is unique in that we have several bike paths, in large part due to the Niagara River the Erie Canal. These bike paths are named The Greenway Trail, the Erie Canal Trail and the Rails to Trails. Bicycling is a very important aspect of our city's activities and plans. That being said, with the Greenway Commission's assistance, we have constructed an Intermodal Hub to benefit bikers, hikers and boaters.

We are planning an August 5th, 2017 Grand Opening of the Hub, which will include a structure that will house bathrooms, lockers, a bicycle repair area and a landscaped green grass area with benches to relax. The City of Tonawanda also has some wonderful restaurants near the Hub for bicyclists to get a bite to eat and a couple of cold beers (Billygans, Smoke on the Water and Mooneys, just to name a few).

We would like to invite the Niagara Frontier Bicycle Club to join us at the Grand Opening ribbon cutting ceremony, on August 5th at 11am. Along with the Hub opening, the theme for the event will be Health and Recreation, with many fun activities to participate in, sweepstake prizes and the local merchants will be out in full force to promote the area around the Hub.

We hope to see many of you there, bicycles and all! Please contact the Mayor's Office with any questions or comments you may have.

Sincerely,

Caitlin Rech
Executive Secretary, Mayor's Office
City of Tonawanda
PHONE: (716) 695-8645
FAX: (716) 695-8314



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

July 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, July 01	9:00 AM	741	War of 1812 Overlook	43 / 32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Jane Armbruster 688-3943
Sat, July 01	9:00 AM	403	Ride for 'L' of It	46 / 28	Dif / Mod	2700/1500	Emery Park, 2084 Emery Rd., South Wales	Bradshaw Hovey 857-0906
Sun, July 02	9:00 AM	724	Pleasant Country Ride	46 / 37 / 26	Easy	0	Clarence Town Park, Goodrich Rd.	Arlyene Lepie 741-2762
Sun, July 02	9:00 AM	341	Hamburg to Collins	41/ 31/ 21	Mod	1800/ 1400/ 750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Tue, July 04	9:00 AM	420	Westwood to Akron Falls	37	Easy		Westwood Park, Lancaster	Cynthia Adams 308-0774
Tue, July 04	10:00 AM	292	Frog Valley (The Sunset Bay Ride)	46/ 37	XD / Dif	2800/ 2000	Burger King Lot Off I-90 Exit 58, Silver Creek	Pat Danaher 310-8136
Sat, July 08	9:00 AM	?	Karnath Ride	?	?	?	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	
Sat, July 08	9:00 AM	401	Woody Allen	50 / 32	XD/ Diff	2700/ 1600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Ron Spohn 783-5631
Sun, July 09	9:00 AM	706	East Wilson Express	37/ 28/ 24	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Bob Alessi 545-3737
Sun, July 09	9:00 AM	419	Holi Terror II	49/ 38	XXD/ Diff	3200/ 2000	Holimont Ski Area Parking Lot (Rt. 219 to Ellicottville, straight at light onto SR 242, L into Holimont	Loren Danaher 430-1600
Fri, July 14	6:30 PM	923	Old Friday Grand Island	25	Easy	not much	Hotel On River Road, 100 Whitehaven at E River Rd.	Pat Danaher 310-8136
Sat, July 15	9:00 AM	389	Erie Canal Double Cross	40 / 25	Mod	877/306	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Sue Alessi 694-0853
Sat, July 15	9:00 AM	413	Warsaw Valley	58 / 34	XXD / Dif	3800 / 2600	Bank Rt 238 and Exchange St.	Steve Forrestel 863-2747
Sun, July 16	9:00 AM	335	Akron Junction	38 / 28	Easy	0	Parking lot on Sawmill at Main St., Clarence Hollow	Linc Blaisdell 479-9431
Sun, July 16	9:00 AM	371	Clarence-Wales	45 /	Mod	1500	Parking lot on Sawmill at Main St., Clarence Hollow	Linc Blaisdell 479-9431
Sat, July 22	9:00 AM	707	Ransomville Ramble	40 / 32	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	
Sat, July 22	9:00 AM	391	Elma Meadows Not Picnic Rides	45/ 34/ 25/ 13	XD/ Diff/ EZ/ EZ	2800/ 2000	Elma Meadows Park, Girdle & Rice Rds	
Sun, July 23	9:00 AM	737	Wilson Harbor Breeze	35 /	Easy	450	Bank, Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	
Sun, July 23	9:00 AM	248	Nutcracker	47 / 27	XD / Mod	3000 / 1500	Hamlin Park (south parking lot), S Grove St	Michael Mieney 566-8909
Sat, July 29	9:00 AM	781	Seneca Smoker	45/ 31/ 26	Mod / Easy	1100/ 700/ 600	Clarence Middle School, Greiner at Strickler	Jennifer Adolf 479-2578
Sat, July 29	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	John King 822-4808
Sun, July 30	9:00 AM	727	East Pembroke	43/ 32	Mod	900	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Tim Cleary 807-7174
Sun, July 30	9:00 AM	425	New Hamburg Century	101 / 62 / 32	XXXXD / XD / MD	6000 / 3200 / 1700	Parking Lot off of Long St. behind firehall	Loren Danaher 430-1600

**Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult
 XXXD = 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	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
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, 860-9039
	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., Swormville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	Brad Chase 632-5636
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.

Help Wanted - Newsletter Editor

If you have a creative bent, have a nose for news, like to turn a phrase or just might be good at finding copyright-exempt bicycling articles to cut-and-paste into the NFBC newsletter, this job may be for you. The editorship of the NFBC newsletter is up for grabs.

The current newsletter is rendered in Microsoft Publisher. Working knowledge of this program or similar (it's just Microsoft Word on steroids) would be helpful.

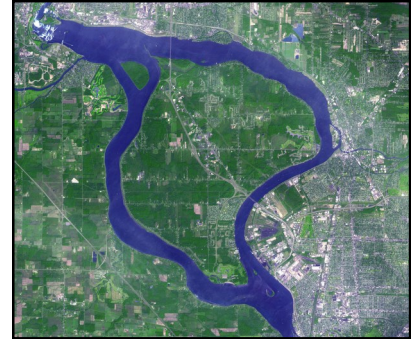
As a bonus, you get to be a member of the Board of Directors with this position.

Contact editor@nfb.com if interested.

Join us for the 2017 reprise of an NFBC tradition

Friday Night Grand Island TGIF Ride - July 14, 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 the Radisson Niagara Falls/Grand Island (formerly the Holiday Inn). This ride replaces the Friday night south, Elma Meadows ride this one time.



Linc's Party Ride

Post ride party is at Linc and Millie's house, **4715 Ransom Rd in Clarence.**

The Rides: There will be three ride choices, all starting at the market and bike path parking lot behind the Mobil station at Main Street and Sawmill (10655 Main St, Clarence, NY 14031) at 9 AM. You may choose a flat ride of 28 or 38 miles (labeled Akron Junction on the Ride Schedule) or a hilly 45-mile ride labeled Clarence-Wales.



The Party: As always, NFBC party rules apply. Bring a dish to share, your own beverages if you have particular tastes and remember to feed the 'kitty'. The party is a rain or shine event. Plan on coming out even if rain scrubs the rides.

**Sunday
July 16**

SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



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www.tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
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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 editor@nfbc.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 Rob Nowinski, president. NFBC cares about its people!

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 releaseses 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 releaseses 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 releaseses, I will indemnify, save, and hold harmless each of the releaseses 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 Michele Smith
 1537 Sundance Trail
 Lakeview, NY 14085

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 2017

NFBC—We ride every day

Niagara Frontier Bicycle Club
P.O. Box 211
Buffalo, New York 14226-0211

