

NFBC NEWSLETTER

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Wednesday Morning Ride in Orchard Park June 26th. Finally, great riding weather!
More pictures on Page14 and the NFBC Website.

Dates to Remember

Orientation Ride July 7th

Picnic Planning Meeting July
9th

Blaisdell Party Ride July 21st

Club Trip July 26 - 30th

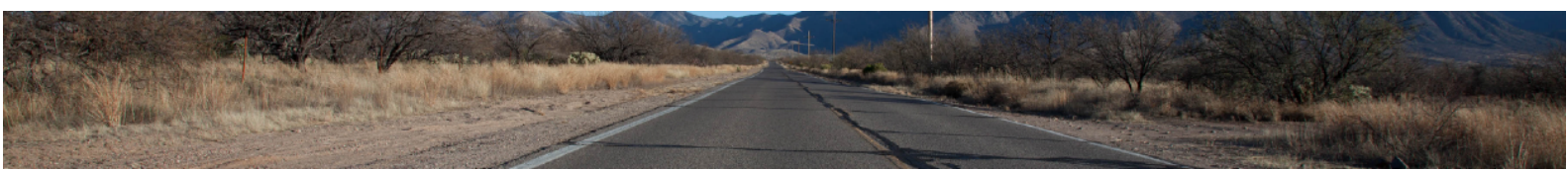
President's Message

It seems like warmer, drier days are finally coming. I just enjoyed two dry cycling days in a row. It was great! I hope the rain starts to taper off so we can enjoy all of the upcoming rides and parties. July will be a good month to get to know other Club members by hanging out at the post ride parties.

If you haven't done so yet, please take the time to fill out and sign your membership renewal form. Send it with a check to Michele Smith or give it to a board member to give to Michele. If you don't use checks anymore, we will accept cash, but that signed form is the most important part.

I'd like to thank John Tjahjadi for his efforts to bring us new cycling apparel celebrating our 50th Club anniversary. He did a great job, even negotiating low minimums for the second order for those that missed the first opportunity. It is nice to see everyone showing their 'club colors,' especially on the local charity rides. I had the pleasure of doing the Ride for Roswell with a good group of Club members, and at least as many others, that recognized us as that NFBC group to follow. We may get some new Club members as a result of being present and inclusive on that ride. I hope we can continue to make a large, positive impression for the NFBC at other cycling events.

Be safe out there,
Brenda



Backbone of NFBC: Ride Leaders!

It is a new riding season, and we also have some new ride leaders! While we try to decide whether to ride – Is it too cold? Too hot? Too windy? Dark too soon? Might it rain/snow/sleet? Are we hurt? Are we cranky? Is there anyone to ride with? Do we have the right clothes? Is traffic too bad? Is our bike ready? Do we have TIME? – our morning & evening Ride Leaders are there! Not only do they show up for the ride every week (or arrange their own sub), they LEAD the rides. They create and update the routes, have cue sheets and road hazard warnings at the ready, and sometimes even provide snacks for the riders!

Here then is the 2019 series to introduce you to the people who lead NFBC rides, every day of the week!

—Ed.

John King and Ron Spohn lead Tuesday morning rides, which leave from West Canal Park at 4070 Tonawanda Creek Rd in Niagara County.

John said he has been biking for a long time and joined NFBC in the early 1990s. His first NFBC ride was a late season, Lancaster to Akron ride on a very hot, sunny day. John was riding a Schwinn Continental 10 speed without a water bottle and other required biking gear. He clearly remembers having Brenda Knight pull him very slowly all the way back!



John has a couple of favorite bike related things: he likes his cue sheet clip, and — especially this year — he really likes his clip-on back fender.

John volunteered to be a ride leader when there were three openings this season. He said he had been doing a lot of the morning rides and having a great time with the morning crew. John, like most ride leaders, worries that everyone will have a good time and make it back safely.

In the off season, John catches up on all the things he put off during the biking season!

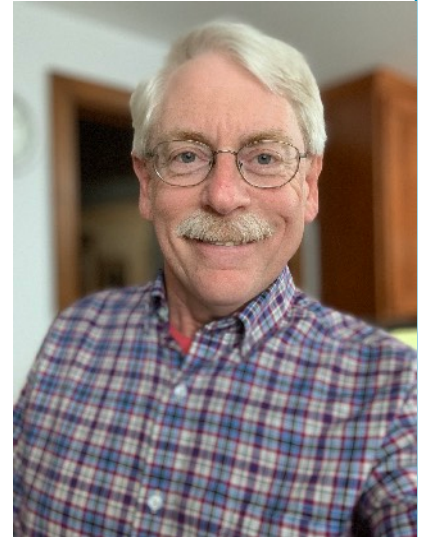
Ride Leaders Cont'd:

Ron is worried about THREE things as a ride leader: safety, safety, safety! He is aware of the hazards of the road, vehicular traffic, AND the hazard of other riders.

He has been a serious cyclist since 1976 when he biked across the country with Bikecentennial! Ron has been an NFBC member since 1985, but — lucky for us — he retired in 2015 and has become much more active with the Club.

In the off-season, Ron keeps riding for a couple month in Tucson. He also enjoys hiking locally and in Arizona. Ron used to build model rockets, but the flying season conflicts with the biking season and biking wins! Ron also loves to read, attend the theater, and see movies.

Last, Ron's favorite bike related items are TIRES! He thinks they make a huge difference in the way a bicycle rides and feels.



July Spotlight Ride

July's Spotlight ride is Falls and Locks Tour on WEDNESDAY 7/17. We leave at 10 AM from the Niagara Discovery Center on the Niagara Scenic Parkway in Niagara Falls NY, (I know, the website schedule says the start is at Niagara Falls City Hall, but that has changed. The correct start location is the Niagara Discovery Center. Call me (400-6091) if you're confused.) This is the Spotlight Ride we tried to do last fall---but the cold and rainy weather last October cancelled the ride.

We will cross the Rainbow Bridge and head south and then west towards the Welland Canal. Much of this ride is on bike paths and along the canal. We will cross the canal at the (free) ferry at Port Robinson and later stop for lunch at George's Greek Village restaurant next to the canal, before we head back to Niagara Falls thru the Ontario wine country. I am expecting perfect weather that day--Skip work and come with us! --Liz Skelton

Blaisdell 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 ride.



Harrington Party Ride

Unfortunately the Party ride scheduled for Saturday, July 13th will not take place as planned; a different North and South ride will be scheduled for that day. That change will be posted in the website schedule.

2019 Club Trip



The NFBC Club Trip is coming fast! Dennis Powell has been hard at work scouting the routes, checking out the Inn, and getting everything ready for YOU!

The trip is July 26-30, in and around Astabula County, Ohio, and rides will mostly be on country roads with gently rolling terrain. Cue sheets will be available, and rides will include long and short mileage. Rides will feature covered bridges, barn quilts (both in-depth tour and cursory ride). There will be a picnic on Lake Erie and a ride along that lake shore. Another lake, Pymatuning, will be a scenic feature of another ride. Of course, the fun doesn't stop after the ride. AND what happens in Ashtabula STAYS in Ashtabula.

Currently, we have 27 members committed to the trip. While the block of rooms at the hotel that were reserved for the trip are released, you could try sweet-talking the hotel into extending the rate for you. The hotel is Sleep Inn Austinburg, (440) 275-6800. If you obtain lodging elsewhere, be advised many of the rides will start at the Sleep Inn parking lot.

If going, please contact Dennis Powell with how many, what days you'll be coming and where you'll be staying: Powell.dennis.j@gmail.com

Coming Soon - NFBC's 50th Anniversary Picnic Bash!

NFBC's annual ultimate party will be in especially high gear as we celebrate 50 years of premium cycling. Join us for food, fun, and friendship on Sunday, August 25th in Como Park's Grand Pavilion after your ride.

Special entertainment is in the works, compliments of the Fun Committee. We'd love to have you join in the preparations and we'll kick them off with a

Planning Party on July 9th for all volunteers. Contact Jane Armbruster at 688-3943 or janearmbruster@gmail.com to learn more.



Stay tuned for picnic details available in the August Newsletter.

Riding in a Group or Pace Line

One of the biggest fears for new riders is the concept of riding in a tight group of cyclists. Here are some recommendations to help you ride more safely and confidently in a group (or pace line).

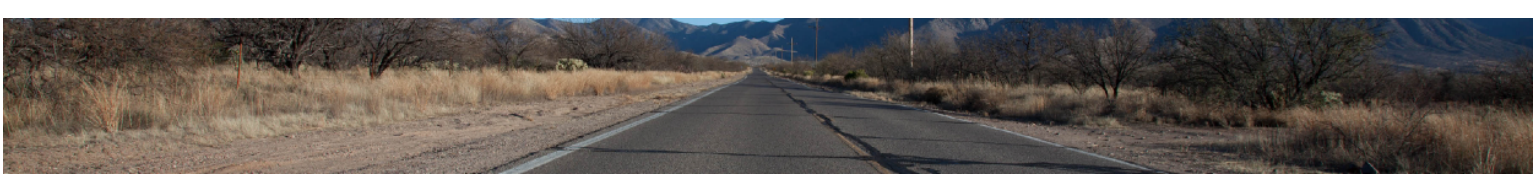
- The pace line leader is responsible for maintaining the group speed. The speed is determined by the average speed the group can ride at a comfortable pace.
- Don't use the pace line as a training activity for interval training.
- The pace line leader looks ahead for obstacles and calls them out as well as maintains a line that will allow the group to avoid them.
- Pace line leaders "pull" for between one and four miles, depending on how strong they are and the ride conditions. Shorter pulls are often taken in windy conditions.
- As pace line leader, don't pull away after completing a turn until the entire line has completed the turn.
- The pace line leader will look to the rear to determine if it is safe to pull off and will signal they are moving left. Often the pace line leader will tap their hip to indicate that the next person in line is to take over. The leader will move left and slow; jumping on the end of the line once it has passed.
- If you are in the lead and don't feel comfortable, ensure it is clear to move left and pull off. Don't feel bad about not taking a turn to pull.
- If the pace line leader is struggling, tell her/him to pull off and take a rest or pull out and pass on the left (announcing "passing on the left") and pull the line past the leader. Don't feel bad if the line passes you.
- The second person in the pace line assists with navigation by calling out upcoming turns.
- Riders will call out cars approaching from the rear (car back), left or right. When making a left hand turn, the last person in line will call out "clear rear" or "take the lane" if no cars are approaching and it is safe to move left to make the turn.
- Riders near the rear of the pace line should let others know if someone is being dropped. Riders will pass the message up to the leader who will adjust the pace speed. Announce "all aboard" when everyone has re-grouped.
- Riders should maintain a safe distance from the bike in front of them. This is based on experience. Riders ride between 18" and 1 bike length. The bigger the gap the less advantage you get from drafting.
- Do not overlap wheels. This can cause you to crash if the bike in front of you moves over and taps your wheel.
- Let the rider in front of you know if you have moved to their left or right.
- Don't tap your brakes often. Move slightly to the left (or right if there is room) and "roll" out if the riders in front of you slow down. Announce "slowing" when slowing down.
- Don't box yourself in. This is especially true when moving to the right of someone.
- If you are setting up to draft due to cross winds, let the rider in front of you know where you are.
- Be safe and ride at you own pace. If you are not comfortable with the group you are in, back off.

July Orientation Ride

On June 1st Dave Dunkle hosted an orientation ride for new riders and guests. We had three 'new' riders with a total of 10 riders partaking in a no drop ride with an average pace around 14-17 MPH. The ride also featured a flat tire for one of our new riders and we were able to get him up and going quickly.

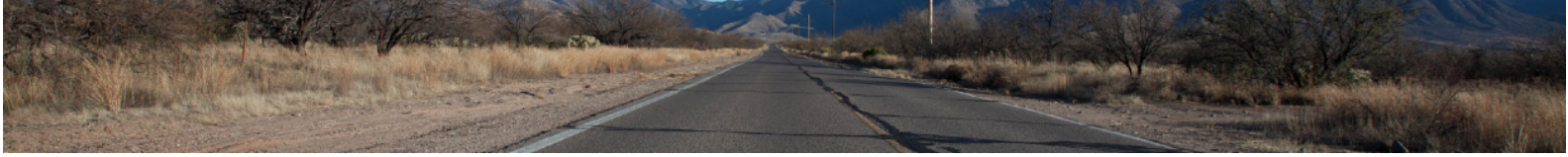
Dave will be hosting a 2nd no drop orientation ride on Sunday July 7th at 0900. We will use the Bunker Hill short route departing from the Clarence Elementary school for our ride and will try to keep it under 15 MPH. We will adjust the speed based on the group. If you missed June's orientation ride, come out and check out the fun in July!



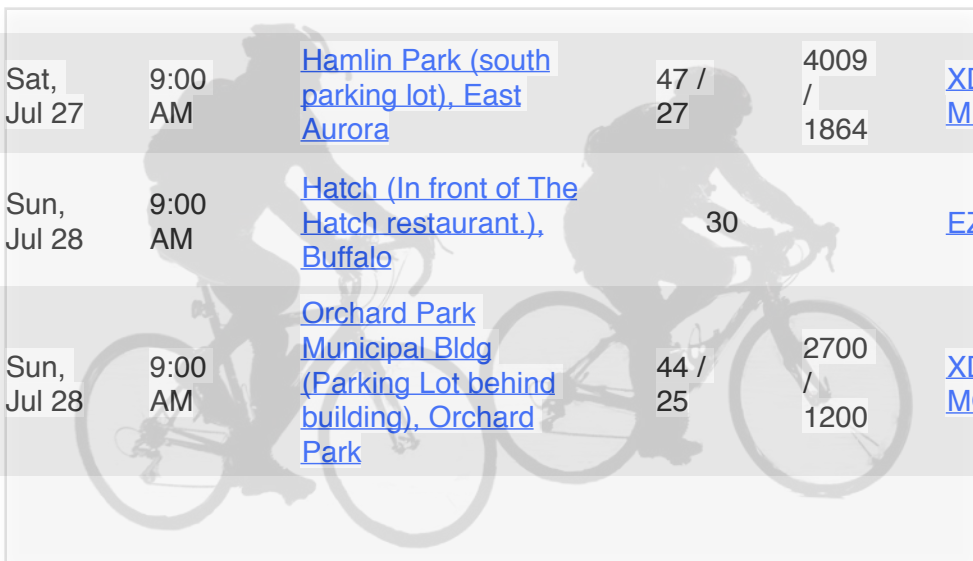


WEEKEND RIDE SCHEDULE

438	Westwood Park to Akron Falls	Thu, Jul 4	9:00 AM	Westwood Park, Lancaster	40 / 33		EZ	Jennifer Adolf (716-479-2578)
401	Woody Allen	Thu, Jul 4	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	50 / 32	2700 / 1600	XD / DIFF	Bradshaw Hovey (716-857-0906)
706	East Wilson Express	Sat, Jul 6	9:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	37 / 28 / 24		EZ	NEEDS LEADER. VOLUNTEER HERE.
416	The Kaiser Roll	Sat, Jul 6	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 28	3100 / 1700	DIFF / MD	NEEDS LEADER. VOLUNTEER HERE.
927	Buffalo Micro Brewery Ride	Sat, Jul 6	2:00 PM	Tommyrotter Distillery, Buffalo	14 / 8		EZ	NEEDS LEADER. VOLUNTEER HERE.
391	Elma Meadows Rides	Sun, Jul 7	9:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	45 / 34 / 25 / 13		XD / DIFF / EZ	Cynthia Adams (308-0774)
767	Bunker Hill Road	Sun, Jul 7	9:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	36 / 27		EZ	David Dunkle (716-951-0382)
388	Elma East	Sat, Jul 13	9:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	49 / 35 / 24	700 / 600 / 400	EZ	Pat Danaher (310-8136)
337	The Plank	Sun, Jul 14	9:00 AM	Parking Lot behind fire hall, Hamburg	38	800	EZ	Charles Grammer (716-713-1469)
98	Lockport Marina	Sun, Jul 14	9:00 AM	Williamsville North High School (Hopkins & Dodge), Williamsville	30	466	EZ	Bob Alessi (545-3737)



721	Falls and Locks Tour (International, Special Event)	Wed, Jul 17	10:00 AM	Niagara Falls City Hall	55 / 45	2100 / 1800	EZ	Elizabeth Skelton (716-400-6091)
923	Old Friday Grand Island (Dinner, Special Event)	Fri, Jul 19	6:30 PM	Grand Island Radisson, Grand Island	25		EZ	NEEDS LEADER. VOLUNTEER HERE.
425	New Hamburg Century	Sat, Jul 20	8:00 AM	Parking Lot behind fire hall, Hamburg	102	5700	XXX	Lucinda Griswold (716-289-6155)
781	Seneca Smoker	Sat, Jul 20	9:00 AM	Clarence Middle School, Clarence	45 / 31 / 26	1100 / 700 / 600	MOD / EZ	NEEDS LEADER. VOLUNTEER HERE.
425	New Hamburg Metric Century / Non Century	Sat, Jul 20	9:00 AM	Parking Lot behind fire hall, Hamburg	63 / 33	3600 / 1700	XD / DIFF	NEEDS LEADER. VOLUNTEER HERE.
335	Akron Junction (Party)	Sun, Jul 21	9:00 AM	Parking lot on Sawmill (at Main St.), Clarence	~26-38	828 / 438	EZ	NEEDS LEADER. VOLUNTEER HERE.
371	Clarence-Wales (Party)	Sun, Jul 21	9:00 AM	Parking lot on Sawmill (at Main St.), Clarence	45	1800	MD	Tim Cleary (807-7174)
727	East Pembroke Oakfield	Sat, Jul 27	9:00 AM	E. Pembroke Central School	43 / 32	1191 / 900	EZ	NEEDS LEADER. VOLUNTEER HERE.
248	Nutcracker	Sat, Jul 27	9:00 AM	Hamlin Park (south parking lot), East Aurora	47 / 27	4009 / 1864	XD / MD	Bradshaw Hovey (716-857-0906)
443	Miles, So What? (New)	Sun, Jul 28	9:00 AM	Hatch (In front of The Hatch restaurant.), Buffalo	30		EZ	NEEDS LEADER. VOLUNTEER HERE.
303	Marty's Pain	Sun, Jul 28	9:00 AM	Orchard Park Municipal Bldg (Parking Lot behind building), Orchard Park	44 / 25	2700 / 1200	XD / MOD	NEEDS LEADER. VOLUNTEER HERE



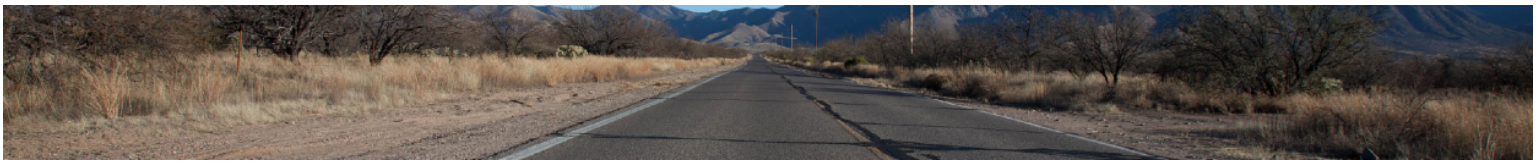
Weekday Ride Schedule

2019 season	NORTH		SOUTH				START	
	AM	PM	AM	PM				
Monday	x				<i>Cammarano</i>	<i>Kathy</i>	Wendleville Fire Hall	kathy.cammarano@gmail.com
Monday		x			Ribis	Rebecca	Thompson Rd Clarence	rebeccachristene@hotmail.com
Monday				x	Sawyer	Jim	Hamlin Pk, East Aurora	sawyjt@gmail.com
Tuesday	x				<i>King Spohn</i>	<i>John Ron</i>	Ellicott Isl Ck Pk - moving to West Canal Pendleton	JEKing169a@aol.com rspoh@rocketmail.com
Tuesday		x			Karnath	Jim	Pendleton Town Hall	jimkarnath@yahoo.com
Tuesday				x	Luly	Matt	Hamburg, lot off Long Ave	mlpublic42@gmail.com
Wednesday			x		Marcheson	Fred	Orchard Park behind police station	baguba3@gmail.com
Wednesday		x			Walker	Peg	St Mary's Swormville	pegwlkr@verizon.net
Wednesday				x	Soltiz	Frank	Chestnut Ridge Pk	fsoltiz@aol.com
Thursday	x				<i>Rossi</i>	<i>Paul</i>	Como Park Lancaster	prossi7763@aol.com
Thursday		x			Alongi Deckert	Karen Jason	Buffalo Niagara Heritage Museum	kalongi1@verizon.net jdeckert@gmail.com
Thursday				x	<i>Adolf</i>	<i>Jennifer</i>	St John's Lancaster	jadolf223@gmail.com
Friday	x				Rimlinger	Jack	Thompson Rd church Clarence	jackrim49er@gmail.com
Friday				x	Danaher	Pat & Lor	Elma Meadows Pk	ldanaher@verizon.net
Saturday	x				Chase	Brad	Richmond Lot UB	btchase@buffalo.edu
Sunday	x				Currie	Ian	Hatch Buffalo Waterfront	ian63@roadrunner.com
Shaded cells show shared ride leader responsibility								
Italicized names are NEW this season								
Day of the Week Start Times								

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April & Oct.; 9:00 AM in **May, June, July, August, September**

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.



NFBC Officers

President

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president@nfbc.com

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Williamsville, NY 14221

secretary@nfbc.com

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treasurer@nfbc.com

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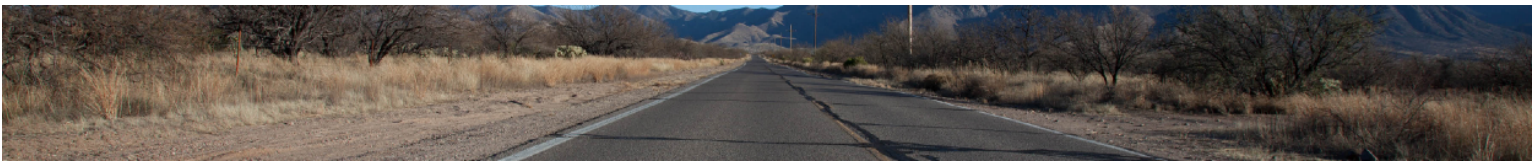
Newsletter Editors

Joan Charleson

jtchipin@yahoo.com

Mike Maher

mikmar110@gmail.com



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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

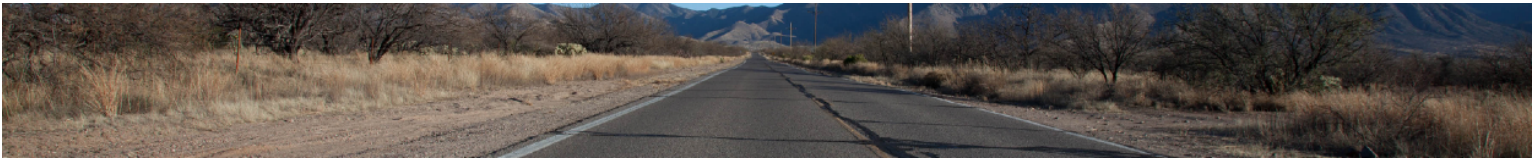
For NFBC members, biking is number one followed by socializing with friends. Get togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend bring a dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com. 688-8904) or Brenda Fischer. Club President. NFBC cares about its people!

Welcome New Members

David Snell, Karen Hall, Kelly Ostrowski, Lynn Auman, Jim Auman, Maureen Rowley, Laurie McGorry, Tim Murphy, Harmut Meyer-Grunow, Charles Calendra, Stacey Lindner, Dixon Atkins, Michael Roberts, Donna Orlando-Martin.



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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)

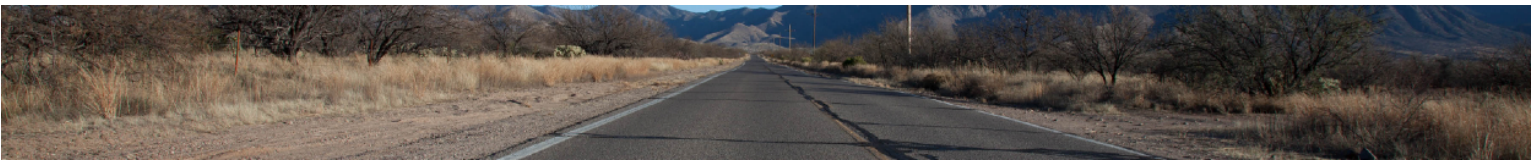
MEMBERSHIP FEE: Individual - \$20 _____ Renewing Member _____ or New Member _____

 Family - \$30 _____ (includes any 2 adults and their children under 18 living at the same address)

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:

NFBC Members ___ NO BIKE SHOPS ___ NO

Send check payable to NFBC along with signed application to: NFBC
c/o Michele Smith
1537 Sundance Trail
Lakeview, NY 14085



Support Your Local Bike Shop



Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453

tlonzi@tomsprobike.com



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Director of Training

jjansen@bertsbikes.com

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Fax: 716-646-3828

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Fax: 716-837-1307

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Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1138

Henrietta:
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Henrietta, NY 14623
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