



July 2020

We Ride Every Day

Volume 51 Issue 5

NFBC Newsletter

Dates to Remember

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NFBC Group Rides will resume Erie County is now in phase 4.

No sign in and no mileage.

Print your own cue sheets.

See the President's message on
page 2 for guidelines.



President's Message

July is here! I hope everyone is well and I hope you are getting out on your bikes, now that the weather is better. The NFBC Board has been monitoring the State and County COVID-19 guidelines, recommendations and statistics related to reopening, and discussing what we need to do when we do resume NFBC group rides. Below is the COVID- 19 Safety Checklist. Look at this as a list of strong suggestions for safe riding in the COVID era. There is a lot of other good information at the website usacycling.org. Check that out for information and guidance specifically for cycling groups.

We think we can resume Club rides when Erie County is in the fourth phase of reopening with the following guidelines:

*IF YOU ARE SICK or have had any symptoms of illness within the last 14 days, STAY HOME.

*There will be NO SIGN-IN SHEETS and NO TRACKING OF MILEAGE, to reduce surface contact and close contact.

*NO GUESTS are allowed, ONLY CURRENT PAID MEMBERS. We all sign an insurance waiver upon membership, and thus sign in at the ride start is not necessary for insurance purposes; guests would need to sign a waiver and thus guests will not be allowed at this time. (Please MAKE SURE YOUR MEMBERSHIP IS CURRENT.)

*Riders must PRINT OR DOWNLOAD YOUR OWN CUE SHEET. Again, to avoid contact, cue sheets will not be available at the ride start. Ride leaders are encouraged to post rides to the website, assistance will be provided to those leaders who do not typically post rides.

*GROUP GATHERING SIZE MUST BE WITHIN THE COUNTY DESIGNATED LIMIT; it is expected to increase to 50 upon phase 4, but we will have to monitor.

*SOCIAL DISTANCING must be maintained before and after rides; masks should be worn if social distancing cannot be maintained. Riders should carry a mask on rides.

*Per the American Specialty (our insurance carrier) Return to Ride Considerations, riders are encouraged:

Not to draft and only pass other riders if necessary (USA cycling recommends riding next to someone or 20 feet behind).

Avoid spitting on rides or around other riders.

Use tissue if you cough, sneeze or clear nose; avoid sharing water bottles or food.

Wash hands/use hand sanitizer.

Avoid touching mouth, nose, face and eyes.

It is your choice to participate in group rides or not, understanding the risk and requirement to maintain safety for yourself and others. For those that wish to resume NFBC group rides, we want you to do it safely and with respect for each other's level of comfort and safety. Please monitor the NFBC website, Facebook page and Yahoo group email for news about resumption of group rides.

While this year is unique, I look forward to seeing everyone again in a physically distant, but social way.

Brenda



The Rides listed below are the weekend rides scheduled for July. They are listed for your information and use. There will be no leader or sign in sheet at the ride and, obviously, no Club mileage will be recorded. Check the website for weekday rides. Please be safe and careful.

438	Westwood Park to Akron Falls	Sat, Jul 4	9:00 AM	Westwood Park, Lancaster	40 / 33	783 / 584	EZ	Leaderless Ride ()
416	The Kaiser Roll	Sat, Jul 4	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 28	3100 / 1700	DIFF / MD	Leaderless Ride ()
706	East Wilson Express	Sun, Jul 5	9:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	34 / 27 / 24	555 / 510 / 474	EZ	Leaderless Ride ()
388	Elma East	Sun, Jul 5	9:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	60 / 35	2100 / 1100	DIFF / MOD	Leaderless Ride ()
384	Two Bottles And A Bush	Sat, Jul 11	9:00 AM	Parking Lot behind fire hall, Hamburg	42 / 23	2200 / 1200	DIFF / MOD	Leaderless Ride ()
713	Darien Lake State Park	Sat, Jul 11	9:00 AM	Westwood Park, Lancaster	38 / 30 / 16	945 / 839 / 347	EZ	Leaderless Ride ()
928	Harrington's Cottage Party (International, Party)	Sat, Jul 11	CANCELLED	Bill & Jane Harrington's Cottage (cottage), Fort Erie	49 / 35 / 24	700 / 600 / 400	EZ	
385	Kathy's Kaper	Sun, Jul 12	9:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	~30-38	361 / 241	EZ	Leaderless Ride ()
288	To Hill and Back	Sun, Jul 12	9:00 AM	Hamlin Park (south parking lot), East Aurora	51 / 38	3758 / 2210	XD / DIFF	Leaderless Ride ()
434	Wilson Harbor	Sat, Jul 18	9:00 AM	NCCC, Sanborn	43 / 37 / 30		EZ	Leaderless Ride ()
336	Chicken Little	Sat, Jul 18	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	49 / 40	3500 / 1500	XD / MOD	Leaderless Ride ()

July Schedule Continued:

391	Elma Meadows Rides	Sun, Jul 19	9:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	45 / 34 / 25 / 13	2637 / 1990 / 970 / 436	XD / DIFF/EZ	Leaderless Ride ()
282	Puleo's Party Rides (Party)	Sun, Jul 19	CANCELLED	Puleo's Place, Orchard Park	~40		EZ	ride leader. Volunteer here.
428	Pastry Ride (International)	Sat, Jul 25	CANCELLED	Queenston Heights Park, Queenston	29	682	EZ	Needs ride leader. Volunteer here.
303	Marty's Pain	Sat, Jul 25	9:00 AM	Orchard Park Municipal Bldg (Parking Lot behind building), Orchard Park	44 / 25	2700 / 1200	XD / MOD	Leaderless Ride ()
736	Swamp Thing	Sat, Jul 25	9:00 AM	Russel Town Park (Clinton & Main St.), Akron	43 / 36 / 30	968 / 781 / 545	EZ	Leaderless Ride ()
335	Akron Junction	Sun, Jul 26	9:00 AM	Parking lot on Sawmill (at Main St.), Clarence	~26-38	828 / 438	EZ	Leaderless Ride ()
248	Nutcracker	Sun, Jul 26	9:00 AM	Hamlin Park (south parking lot), East Aurora	47 / 27	4009 / 1864	XD / MD	Leaderless Ride ()

Please note that both party rides scheduled for this month are cancelled

League of American Bicyclist Newsletter Notes - June 2020

House draft transportation bill contains \$6.3B for biking and walking infrastructure

The draft bill includes funding for Transportation Alternatives, increasing funding to local governments and for recreational trails. The bill requires states to do Vulnerable User Assessments to identify dangerous corridors and areas for bicyclists and pedestrians, and requires states to address those problems. It also requires states to set safety performance measures that lower fatalities. Read the full statement with the Safe Routes to School National Partnership at bikeleague.org/blog

Article in Bicycle Retailer & Industry News here: www.bicycleretailer.com/industry-news/2020/06/04/house-draft-transportation-bill-contains-63b-biking-and-walking

Ride in the National Bike Challenge all summer!

Now is a great time to encourage people to give biking a try. Help get new people on bikes and track all of your summer adventures via the National Bike Challenge. You, your friends, and your colleagues can log your miles, compare stats, and offer high-fives from a distance!

Sign up at nationalbikechallenge.org

National Bike Summit award videos available

See our zoom-style award ceremonies from the National Bike Summit on our youtube channel: youtube.com/bikeleaguevideo

Be A Bike Ambassador During The Covid-19 Pandemic

We are experiencing a bike boom during this pandemic. The data and the news articles are undeniable evidence that people are biking more than before but how do we make sure people love biking the same way we do? At the League, we have been doing everything we can to make sure people can bike safely for transportation or recreation during the pandemic starting with pushing for bike shops to be considered essential businesses, to advocating that decision makers create more spaces for people to ride, and working on Capitol Hill to ensure there is the funding that will make safe streets for all.

Supporting the Future of Transit

Amid the covid-19 pandemic, frontline transit workers are risking their lives to provide rides to essential workers and people in our community who need access to food, healthcare, jobs, and other critical services.



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Welcome New Members

Claudia Gray, Wendy Kimpel, Christopher Deline, Anne Noble, Jake T. Austin,
Frans de Waal

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!



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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 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)
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PRINT SECOND MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT THIRD MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT FOURTH MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____

Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057



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Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

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*Bicycles & Fitness
Sales & Service*

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Tonawanda:

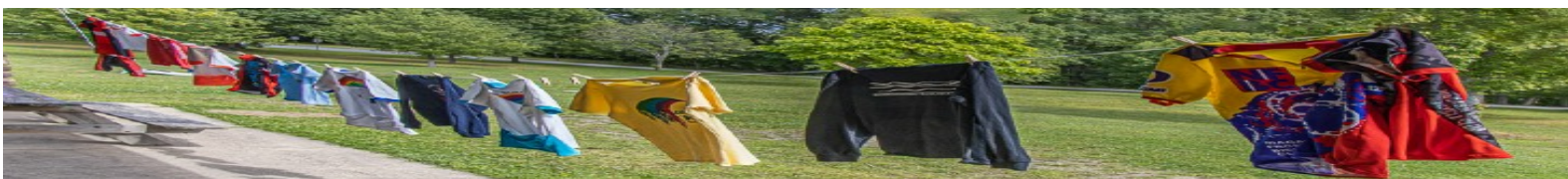
1550 Niagara Falls Blvd.
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Fax: 716-837-1307

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Fax: 716-633-1139

Henrietta:

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Henrietta, NY 14823
Phone: 585-424-2777
Fax: 585-424-7482



Niagara Frontier Bicycle Club

Overheard after a ride...repairing your bike!

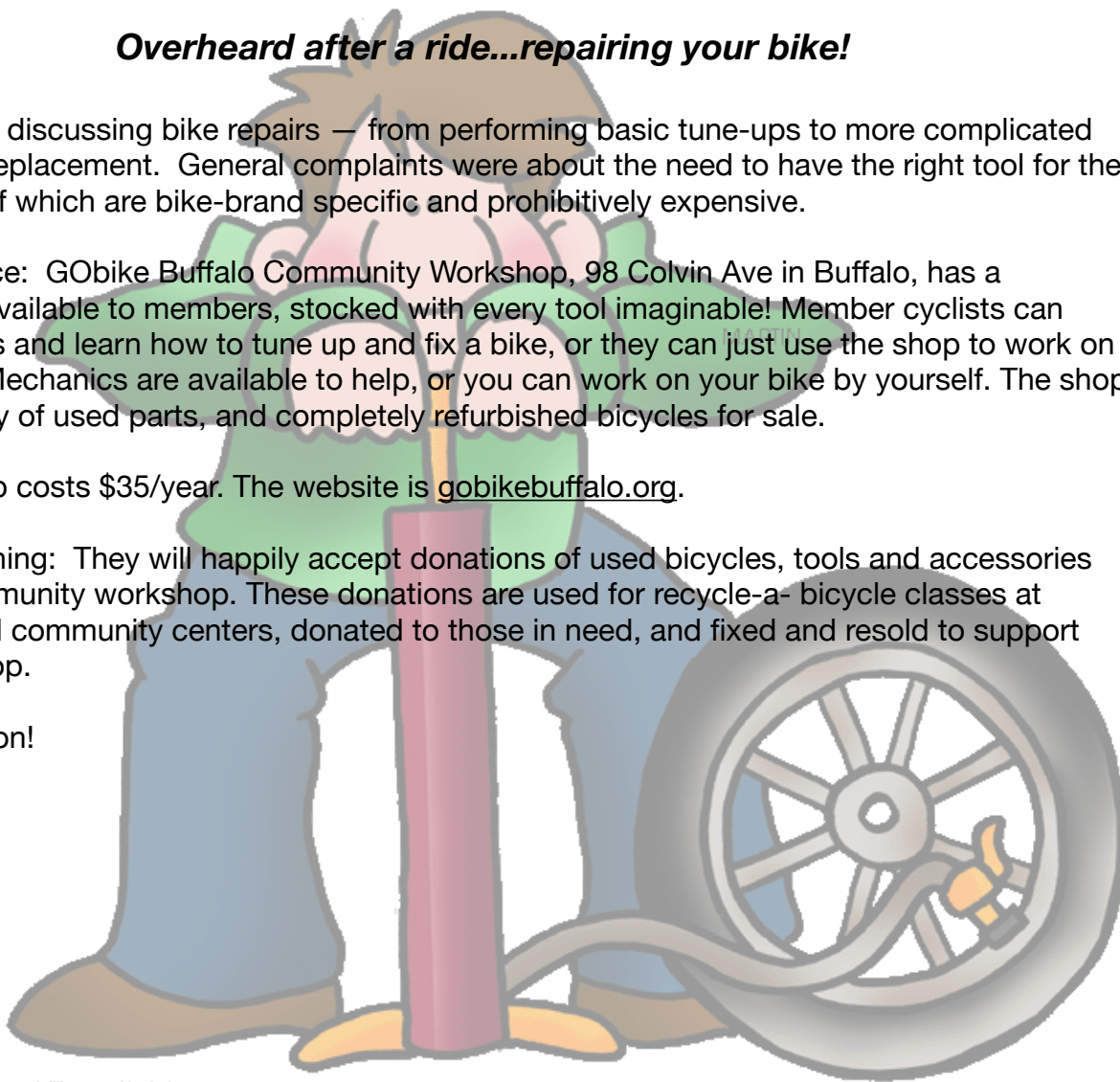
Riders were discussing bike repairs — from performing basic tune-ups to more complicated repair and replacement. General complaints were about the need to have the right tool for the job, some of which are bike-brand specific and prohibitively expensive.

One resource: GObike Buffalo Community Workshop, 98 Colvin Ave in Buffalo, has a workshop available to members, stocked with every tool imaginable! Member cyclists can take classes and learn how to tune up and fix a bike, or they can just use the shop to work on their bike. Mechanics are available to help, or you can work on your bike by yourself. The shop has a supply of used parts, and completely refurbished bicycles for sale.

Membership costs \$35/year. The website is gobikebuffalo.org.

One more thing: They will happily accept donations of used bicycles, tools and accessories for the community workshop. These donations are used for recycle-a- bicycle classes at schools and community centers, donated to those in need, and fixed and resold to support the workshop.

Thanks Jason!



phillipmartin.info

