

# NFBC NEWSLETTER

## Dates to Remember

### Tour de Cure

Sat. June 2

### Ride for Roswell

Sat. June 23

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## Poughkeepsie & So Much More!

By Cindy Adams

Still undecided? Unsure if you can squeeze in another summer event? Wondering if it's worth your time? Let me give you a few more reasons you don't want to miss the Club bike trip to Poughkeepsie, August 17-21!

- **Five days of biking in the Hudson Valley region.**
- **Five-star hotel** in the heart of Poughkeepsie, N.Y.
- **Historical and cultural sites:** Eleanor Roosevelt National Historical Site, Franklin D. Roosevelt Presidential Library and Museum, Frances Lehman Loeb Art Center, Vanderbilt Mansion, and Dutchess Wine Trail are just a few samples of things to do.
- **Quaint towns within a short distance from Poughkeepsie:**

The town of Beacon will charm you with its boutiques, restaurants, and micro-breweries.

Hyde Park boasts a rich history which includes several National Historical sites.

Unique shops and diverse restaurants make the town of Rhinebeck a must-see excursion.

Let's not forget New Paltz, with its shopping, galleries, farmers' markets, and historic Huguenot Street.

- **Walkway over the Hudson River State Historic Park.**
- **Three public golf courses** within 10 miles of the hotel.
- **Hiking** -- Taconic State Park, Ferneliff Forest, Mills Norrie State Park, and the Appalachian Trail.

Over 32 members have signed up for the Club trip so far. As St. Marher said in the year 1225, "Time waits for no man (or woman)". So, book your room now at the Holiday Inn Express (845-473-1151) before it's too late! More details on the Club trip will be forwarded to your e-mail a few weeks prior to the trip date. Contact Cindy Adams ([cynthial2@roadrunner.com](mailto:cynthial2@roadrunner.com)) if you have any questions.

Morning Rides Change to 9:00 AM June 1.



## NFBC SPOTLIGHT RIDES

Wednesday, May 16 was the first **Spotlight Ride!** As previously described in the Jan/Feb 2018 Newsletter, these Spotlight Rides are offered one Wednesday morning per month, highlight the beauty and history of our area, and are designed to be ridden at a casual pace. The rides are led by Rebecca Ribis and Liz Skelton.

Thirteen cyclists participated in a beautiful ride along the Buffalo Waterfront. The pace was relaxed, and the group stayed together. We stopped and looked at the scenery, read signs about the history of the area, and talked to each other! The ride was followed by an optional lunch at the Row House Restaurant, where the fun continued.

Next month's Spotlight Ride is at Oatka Creek, on Wednesday, June 20, so mark your calendars and plan on taking this scenic ride!



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# Welcome New Members

Thomas Halter, Nicole Lecavalier, Kenneth Moses, Dennis Borden, Sal Terranova, Kaileen Balzano, David Church, Brian Laub, Al Dicristofaro, Zeth Herrington, Austin Barrett, Anissa Barrett, James Norton, Damon Kimbrough, Charles LaChiusa, Ray Roll, Ronald Campenelli, Attilio Nicosia, Arlene Kaukus, Mark Greshem, Karen Russell, Leif Woodman, Peter Cullen.



2018 Tour de Cure

6/2/2018 @ Old Falls Street



**The Ride for Roswell  
Saturday, June 23, 2018**

The mission of the Ride for Roswell: Riding Together To End Cancer is the passion behind The Ride For Roswell, which gathers thousands of cyclers to raise the necessary funds to build innovative cancer research programs, as well as services that enhance the quality of a patient's life. At Roswell Park Comprehensive Cancer Center, one of the leading comprehensive cancer centers in the nation, funds raised in this mission-driven ride fuel our fight. The dreams and hopes that we carry with us on our daylong journey have the power to grant a wish of living a cancer-free tomorrow.



The NFBC has a team participating in the Ride, called "Team NFBC", which is captained by Paul Rossi. As Paul posted on the NFBC Facebook page on January 27: Click on The Ride for Roswell, choose your route and join Team NFBC!

# Morning Rides Change to 9:00 AM

June 2018

We Ride Every Day

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Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Jun 02	9:00 AM	406	Como Park Short Rides	/	0	0	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Deborah Hollis 984-5916
Sat, Jun 02	9:00 AM	747	Williston Rd	39 / 30	Mod	2000/1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Jennifer Adolf
Sun, Jun 03	9:00 AM	432	New Cambria Fire Hall	TBD / TBD	TBD	TBD	Cambria Volunteer Fire Co, 4631 Cambria Wilson Rd. Lockport, NY	
Sun, Jun 03	9:00 AM	256	Silver Springs Switchback	68 / 31	XXD / Mod	4900 / 2000	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Pat Danaher 310-8136
Sat, Jun 09	9:00 AM	19	Fort Erie to Niagara Falls	40 / 20	Easy	NA	American Start: @ Peace Bridge on Busti Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: @ Parking Lot on Niagara Blvd & Queens St.	Bruce Jansen 677-4725
Sat, Jun 09	9:00 AM	340	Country Fair Ride	39 /	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Steve Forrestel
Sun, Jun 10	9:00 AM	736	Swamp Thing	43 / 36 / 28	Easy	0	Russel Town Park, Clinton & Main St., Akron	Darrell Skelton 400-6091
Sun, Jun 10	9:00 AM	339	Eighteen Mile Creek	44 / 22	Dif / Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	
Sat, Jun 16	9:00 AM	201	41 Mile Challenge	41 /	Easy	500	Clarence Middle School, Greiner at Strickler	Tim Cleary 807-7174
Sat, Jun 16	9:00 AM	202	Metric Century Challenge	63 /	Mod	900	Clarence Middle School, Greiner at Strickler	Tim Cleary 807-7174
Sat, Jun 16	9:00 AM	203	Century Challenge	102 /	XD	2300	Clarence Middle School, Greiner at Strickler	
Sun, Jun 17	9:00 AM	433	Pendleton Water Tower	TBD / TBD	TBD	TBD	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	
Sun, Jun 17	9:00 AM	748	Bloody Run	44 / 36	Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Charles Grammer 713-1469
Wed, Jun 20	9:00 AM	726	<b>SPOTLIGHT:</b> Oatka Creek Trail	40 /	Mod	780	Parking Lot behind McDonald's, Main St. (Rt. 5) in Leroy	Liz Skelton 400-6091
Sat, Jun 23	9:00 AM	757	Fox Valley	46 / 35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Tim Cleary 807-7174
Sun, Jun 24	9:00 AM	741	War of 1812 Overlook	46 / 32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	
Sun, Jun 24	9:00 AM	386	The Knot	46 / 35	XD / Dif	2900/1800	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600
Sat, Jun 30	9:00 AM	768	Cambria Crunch	37 /	Easy	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd.	
Sat, Jun 30	9:00 AM	403	Ride for 'L' of It	46 / 28	Dif / Mod	2700	Emery Park, 2084 Emery Rd., South Wales	Richard Swank
Sun, Jul 01	9:00 AM	724	Pleasant Country Ride	46 / 37 / 26	Easy	0	Clarence Town Park, Goodrich Rd.	Betsy Dexheimer 585-343-5172
Sun, Jul 01	9:00 AM	281	Seren Falls	83 / 57	XXX / XXD	3000/2000	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Vicky Perry 445-5861

# Morning Rides Change to 9:00 AM

June 2018

## WEEKDAY RIDE SCHEDULE

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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	<u>West Canal Park</u> , <b>April, May, June &amp; September.</b> <u>Pendleton Town Hall</u> , Campbell Blvd. between Bear Ridge and Beach Ridge Rds., Pendleton. <b>July &amp; August.</b>	Jim & Kathy Karnath, 860-9039
	PM	Municipal Parking Lot off Long Ave (opposite #48) by firehall and 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)	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 Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Karen Alongi & Jason Deckert
	PM	St. John's Lutheran Church, 55 Pleasant Ave., East of Central Ave., Lancaster Ave., 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 Rd., Elma	Pat & 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 Start Times

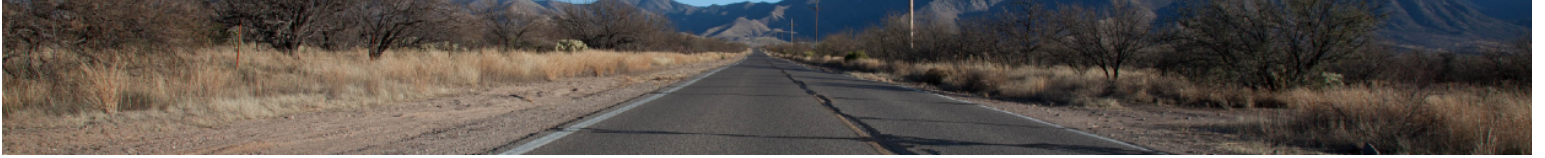
**Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)**

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

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

www.nfbc.com





**Backbone of the NFBC: 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 fourth in a series to introduce you to the people who lead NFBC rides, every day of the week! Thanks to Dennis Powell for the idea.

--Ed.

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**Karen Sprada** leads the Thursday morning ride, which leaves from Como Park in Lancaster. Her favorite bike-related item is her Specialized Ruby bicycle, which fits her perfectly!

Karen is a long-time member of NFBC; she joined in 1992. She decided to bike after a knee injury forced her to give up her favorite sport: roller skating! She showed up for her first NFBC ride wearing her jeans, ready to ride her 10-speed Ross bike. Karen credits Debbie Dessert as being the first to help her understand biking.

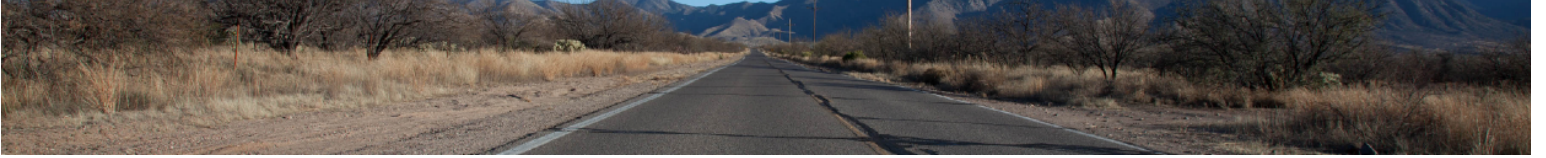


Even though Karen describes herself as “not the leading kind,” she became a Ride Leader because she thought she should help when the Club needed a Ride Leader for Thursday morning.

What Karen likes most about leading rides is meeting friendly people and making new friends. What she likes least is not being able to keep up with the people on her ride.

When Karen is not biking, she goes to the YMCA, Zumba and line dancing. She also vacations at The Villages in Florida.

On one Thursday morning ride a member had a flat tire. The group called Tom’s Pro Bike, and he came out and fixed her tire – “What a nice guy!”



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**Jason Deckert and Karen Alongi** are co-Leaders for the Thursday night north ride, which leaves from the Buffalo Niagara Heritage Museum, located at 3755 Tonawanda Creek Rd. Karen and Jason will be sharing Ride Leader duties with Don Stefanski, alternating weeks, beginning in May. Previously, Marty Viggato and Richard Amantia shared this Ride Leader role, so be sure to welcome (and assist) Karen, Jason and Don!

This will be Jason’s fourth season with the NFBC. He has always enjoyed bike riding as a casual pursuit. After wondering why everyone else was going faster than he was, Jason bought his first road bike four years ago!

Karen’s favorite bike-related item is her NFBC jersey, designed by our Jersey Queen, Kathy Karnath. She loves the design, and also loves when she wears it riding out of the area, because other riders will ask her about Buffalo and about the Club.

Excluding all the great riding on her banana bike, Karen began riding about nine years ago. Her friend Cheryl Peluso reintroduced her to the joy of riding on Back Creek Rd, and then, about three years ago, Cheryl’s brother-in-law, Joe Power, suggested that Karen might have fun joining the Tuesday evening south ride, led by Matt Luly. Not only was the riding fun (and challenging), she enjoyed the after-ride dinners and - of course - the Sundae Ride.

Karen and Jason became Ride Leaders to fill the empty spot on Thursdays. Although they are rookie Ride Leaders - they have only led ONE previous ride - they really enjoy the Club and wanted to give back. They were strongly encouraged to take the plunge by Jim and Kathy Karnath, Richard Amantia, Marty Viggato, Rebecca Ribis, and others!

Lacking Ride Leader history, Karen and Jason have no perspective on the best and worst parts, nor do they have any memorable stories. Rather, they “are going to stay blissfully ignorant and hope we have charmed lives as Ride Leaders!”



Next month: more Ride Leader profiles, if we can talk those last, shy Leaders into submitting them!



### 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 Robert Nowinski. Club 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 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 RESPONSIBILITIES OF A RIDER (see NFBC website).

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ Address Change?    Y    N

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY EMAIL \_\_\_\_\_ Email Change ?    Y    N

SECONDARY EMAIL \_\_\_\_\_ Email Change ?    Y    N

PRIMARY MEMBER/GUARDIAN      SIGNATURE      DATE      BIRTHDATE if under 18      MEMBER # \_\_\_\_\_

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MEMBERSHIP FEE:    Individual - \$20 \_\_\_\_\_      Renewing \_\_\_\_\_ OR New \_\_\_\_\_

Family - \$30 \_\_\_\_\_



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9430 Transit Road  
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Fax: 716-646-3629

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Fax: 716-837-1307

**Williamsville:** 7510 Transit Rd.  
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Fax: 716-633-1139

**Henrietta:** 100 Jay Scutti Blvd.  
Henrietta, NY 14823  
Phone: 585-424-2777  
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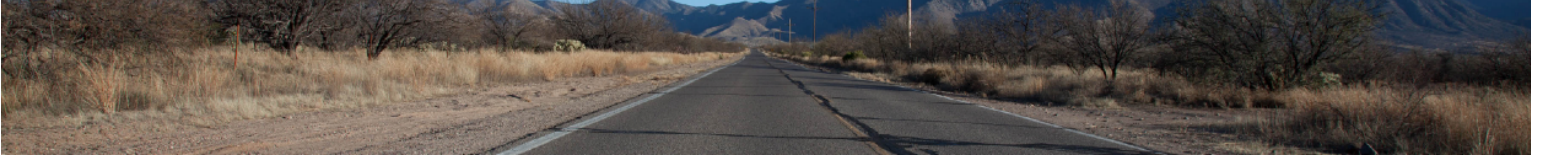
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## Niagara Frontier Bicycle Club

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Inaugural Spotlight Ride

