

# NFBC NEWSLETTER

## Dates to Remember

- June 12, Silver Wheels Party Ride
- June 20, Kathy's Kaper Party Ride
- See page 8 for trip sign-up deadlines
- August 22, CAN-AM
- August 28, Club Picnic

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## Silver Wheels Bicycle Club to Visit June 11-14

You've been reading about it all spring, and it's finally here! Tom and Sue Williams have arranged for reciprocal bike club trips with the Silver Wheels Bicycle Club of Lorain County, Ohio. Thirteen members of Silver Wheels will be visiting our area **June 11-14**, and NFBC members can return the visit on the Oberlin, Ohio Trip on **July 10-14**. Most of the Silver Wheels group will arrive by car on Friday, **June 11**, but two hardy souls are bicycling here from Ohio, to be met by NFBC members Bob Ehrheart in Erie, and Tom Barone and Mike Dusing in Dunkirk. Following the Friday night North ride, NFBC members are invited to join the visitors in a casual dinner (TBA) near the ride start (Amherst Museum). On **Saturday, June 12**, two rides will precede a picnic at West Canal Marina (see page 6 for details). The Regular Saturday breakfast ride from UB will be canceled that day. On Sunday and Monday, some of the visitors will join in our regularly scheduled rides. Be sure to take at least one of these opportunities to share NFBC hospitality and meet members from another bike club similar to ours.



Tom Williams at a Wednesday Night North Ride

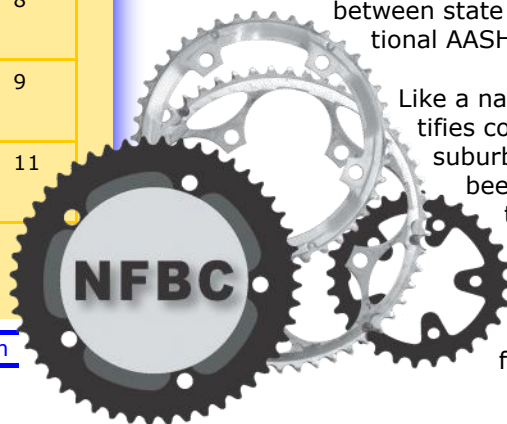
## A Plan Unveiled: The U.S. Bicycle Route System

By Ginny Sullivan, Adventure Cycling Association

A year ago, the American Association of State Highway and Transportation Officials (AASHTO) approved a national corridor plan for an official U.S. Bicycle Route System. The plan is a blueprint for an urban/suburban/rural network of bicycle routes connecting all parts of the U.S.—potentially the largest cycling network in the world. Now, some states are starting to turn the plan into reality by defining new U.S. routes and levying support from all levels of transportation and government. Adventure Cycling Association, which provides staff support for the project, helps coordinate information between state and local agencies, cycling interests and the national AASHTO Task Force on U.S. Bicycle Routes.

Like a national "interstate" of bicycle routes, the plan identifies corridors connecting America's urban, rural, and suburban areas in the lower forty-eight states. It has been under development for nearly five years under the auspices of an AASHTO task force on U.S. numbered bicycle routes, with representatives from federal and state transportation agencies and nonprofit organizations. The plan has gone through more than a dozen revisions—with input from hundreds of federal and state officials,

*(continued on page 4)*





**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.  
*We Ride Every Day*

# JUNE 2010 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Ride Leader
Sat Jun 5	9:00 AM	169	Elma - Marilla II	34 / 29	Mod	0	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Diane Currie 601-7390
Sun Jun 6	9:00 AM	736	Swamp Thing	43/ 36/ 28	Easy	0	Russel Town Park, Clinton & Main St., Akron	Liz Williams 759-8353
Sun Jun 6	9:00 AM	302	New Saturday Sundae	41 / 37	Diff/ Mod	1500/985	Hamlin Park (south parking lot), S Grove St, East Aurora	Frank Soltiz 937-6924
Sat Jun 12	9:00 AM	386	Tour de Goat Island <b>See Note A below</b>	30	Easy		West Canal Park, Tonawanda Creek North at Town Line, Pendleton	Tom Williams 688-2981
Sat Jun 12	9:00 AM	389	Erie Canal Double Cross	45	Mod		West Canal Park, Tonawanda Creek North at Town Line, Pendleton	Tom Williams 688-2981
Sun Jun 13	8:00 AM	257	Iron Lung Century	100 / 62	XXX/ XD	4500	Timberwolf Restaurant, Rt 20 & Colby/ Tinkhan Rd, 1 mile east of SR 77, Darien Center	Pat Danaher 310-8136
Sun Jun 13	9:00 AM	19	Fort Erie to Niagara Falls <b>PASSPORTS REQUIRED</b>	40 / 20	Easy	NA	American Start: Peace Bridge on Busti Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: Parking Lot on Niagara Blvd & Queen St.	Tom Barone 907-1311
Sat Jun 19	9:00 AM	739	Millgrove Meander	34 / 25	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Betsy Dexheimer 585-343-5172
Sat Jun 19	9:00 AM	46	Hills%\$#@*Hills	34 / 28	XD/MD	2550	Hamlin Park (south parking lot), S Grove St, East Aurora	Frank Soltiz 937-6924
Sun Jun 20	10:00 AM	905	Kathy's Kaper Party Ride	38/30	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Jim & Kathy Karnath
Sat Jun 26	9:00 AM	228	Four Way Split	35 / 24	MD/ Mod	1650/800	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Linda Kaika 570-1319
Sat Jun 26	9:00 AM	387	Batavia to Mumford <b>See Note B below</b>	40	Easy		Best Western Hotel parking lot, 8210 Park Rd., Batavia	Terry Turski 688-8904
Sun Jun 27	9:00 AM	744	Oak Orchard	48 / 38	Mod	0	Russel Town Park, Clinton & Main St., Akron	Barry Waldman 833-4743
Sun Jun 27	9:00 AM	224	Springville Sprint	41 / 20	XD/ mod	2900/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Peg Walker 741-4616
Sat Jul 3	9:00 AM	741	War of 1812 Overlook	46 / 32	Easy	0	Academy Park, Center & S. 9th St. next to Tops, Lewiston	Bob Mahaney 873-2814
Sat Jul 3	9:00 AM	259	Half-Baked Buns	34	MD	1540	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat Jul 3	9:00 AM	227	Boston Baked Buns	57	XXX	3500	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998

**Difficulty Key:** Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXX = Extra Extra Difficult

**Note A:** There is no Saturday Breakfast ride from UB's Richmond Lot on Saturday June 12; the Tour de Goat Island is the substitute for it.

**Note B:** The Batavia to Mumford Ride on June 26 goes to the Genesee Country Museum to see the War of 1812 re-enactment and tour the museum. After the ride, have dinner at Alex's; call Terry at 688-8904 for reservations.

## DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	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
<b>Tuesday</b>	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Dennis Powell, 691-6233
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
<b>Thursday</b>	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
<b>Sunday</b>	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

*Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.*

## 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.

### 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.

### NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) 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 [elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

### HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

# JUNE 2010

Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in italics.

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> <i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	<b>2</b> <i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i>	<b>3</b> <i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	<b>4</b> <i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	<b>5</b> <i>Amherst 9AM</i> <i>Elma-Marilla II</i>
<b>6</b> <i>Buffalo 9AM</i> <i>Swamp Thing</i> <i>New Sat. Sun.</i>	<b>7</b> <i>N.Tonawanda 9AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	<b>8</b> <i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	<b>9</b> <i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i>	<b>10</b> <i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	<b>11</b> <i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	<b>12</b> <b><i>NO Amherst 9AM</i></b> <i>Tour de Goat Island</i> <i>Erie Canal Dbl Cross</i>
<b>13</b> <i>Buffalo 9AM</i> <i>Iron Lung Century</i> <i>Ft. Erie to Niag.Falls</i>	<b>14</b> <i>N.Tonawanda 9AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	<b>15</b> <i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	<b>16</b> <i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i>	<b>17</b> <i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	<b>18</b> <i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	<b>19</b> <i>Amherst 9AM</i> <i>Millgrove Meander</i> <i>Hills %\$##* Hills</i>
<b>20</b> <i>Buffalo 9AM</i> <i>Kathy's Kaper Party</i> <i>Ride</i>	<b>21</b> <i>N.Tonawanda 9AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	<b>22</b> <i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	<b>23</b> <i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i>	<b>24</b> <i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	<b>25</b> <i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	<b>26</b> <b><i>** Breakfast 9AM</i></b> <i>Four Way Split</i> <i>Batavia-Mumford</i>
<b>27</b> <i>Buffalo 9AM</i> <i>Oak Orchard</i> <i>Springville Sprint</i>	<b>28</b> <i>N.Tonawanda 9AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	<b>29</b> <i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	<b>30</b> <i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i>	<i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	<i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	<b>3</b> <i>Amherst 9AM</i> <i>War of 1812...</i> <i>Baked Buns</i>

**\*\***On June 26, the start location for the Saturday Morning Breakfast Ride (that normally starts at UB) has been changed to the Community Church of Christ, 5030 Thompson Rd., Clarence. A breakfast stop will take place as usual. The location change is designed to avoid traffic and congestion from the Ride for Roswell.

## A Plan Unveiled: The U.S. Bicycle Route System

*(continued from page 1)*

cycling advocacy groups, and individuals—as well as review and approval by AASHTO’s committees on traffic engineering, design, and non-motorized transportation.

While a set of national corridors has already been identified ([www.adventurecycling.org/usbrs](http://www.adventurecycling.org/usbrs), “Corridor Plan Map”), the precise routes have not been specified in most states. Adventure Cycling works with the state department of transportation to determine the best approach to getting the transportation planners, state, regional and local bicycling groups involved in determining the most bicycle-friendly routes along the designated north-south and east-west corridors. Adventure Cycling has numerous cross state routes already mapped across the country so these will provide a first option for connecting destinations including cities, na-

tional and state parks, other scenic and historic sites and transportation hubs. Another consideration will be routes that link into the neighboring states as the applications require states work together on coordination and implementation.

To get involved, the first step is to review the National Corridor Plan on the Adventure Cycling website (noted above). Then, send suggestions to the Adventure Cycling Association which is coordinating communication between AASHTO and state DOTs (which are ultimately responsible for nominating routes through AASHTO). For more information on what is happening across the country, contact Ginny Sullivan of Adventure Cycling at [gsullivan@adventurecycling.org](mailto:gsullivan@adventurecycling.org).

To Stay Informed – visit the web For an overview of the project, visit [www.adventurecycling.org/usbrs](http://www.adventurecycling.org/usbrs)



## The Alessis' Goal: Bicycling in all 50 states

Sue and Bob Alessi set a goal in the early 90's that they reached in March 2009; they have bicycled now in every state of the union. It started as something halfway between a joke and a boast from Bob to Brad Chase: "I bet I can ride my bike in every state!" By participating in GEARS, NEARs, and NFBC trips, Sue and Bob had already bicycled in several states. They counted them up, checked them off, and began their quest in earnest, combining two of their favorite things: biking and traveling. They frequently traveled by car, so it was easy to bring their two bikes along. Sometimes though, they had to rely on rented bicycles, and if the quality was poor, that could limit the distance of a ride.

When they planned their trips, they focused on interesting sight-seeing, frequently seeking out-of-the-way places. The goals of the rides were to see things and explore different neighborhoods, not to think about mileage or check off states. In the beginning, their travel planning relied on resources like "Rails to Trails", but over time they used the internet more and more.

Sue's most memorable ride was on the Hawaiian island of Maui, in Haleakala National Park. "We were

brought by van to the top of the Haleakala Volcano, and then on our bicycles descended a very fast 6500 ft. to sea level! The temperature change from summit to sea level was like January to July compressed into a couple of hours. Hairpin turns and spectacular views made it an amazing experience."

Bob's favorite ride was in Alaska. They were on a well-travelled bike trail near Anchorage, when they met up with some 4-legged company. First they passed a male moose on the side of the trail. "Then, warned by some other cyclists, we stopped still in our tracks as we came upon the female moose, blocking the trail. We waited in silent awe for over half an hour, until she tired of us and calmly walked away, finally leaving our path clear."

The Alessis completed their goal in March of 2009, by riding rented bikes in Louisiana and then Alabama. Bob still hasn't finished placing pins in their framed US map to mark each ride location. Those of you new to the club may not know that Bob and Sue met, courted, and wed in the NFBC. Both have served the club in many capacities, including Ride Leader, Board member, and Officer.



Bob and Sue Alessi at a recent NFBC ride.



### Attention Saturday Breakfast Riders:

On **Saturday, June 12**, there is **NO** Saturday Breakfast ride from UB's Richmond Lot. The "Tour de Goat Island" is available as a substitute.

On **Saturday, June 26**, the start location for the Saturday Morning Breakfast Ride has been changed to the Community Church of Christ, 5030 Thompson Rd., Clarence. A breakfast stop will take place as usual. The location change is designed to avoid traffic and congestion from the Ride for Roswell.

**Saturday  
June 12**

**Silver Wheels Picnic—Sue & Tom Williams**

**The Rides:** The rides starts at 9AM at the West Canal Marina. The 30 mile "Tour de Goat Island" is a casual ride with sight-seeing options and the 45 mile "Erie Canal Double Cross" is rated moderate.

**The Party:** The party is at the picnic tables at West Canal Marina; it starts when folks return from the rides. Standard NFBC party rules apply; bring a dish to pass (salads, appetizers), a lawn chair if you want, and feed the kitty. BYOB, and remember, no glass containers in Niagara County Parks! Sue and Tom will supply the main course and some sides.



**Kathy's Kaper—Kathy & Jim Karnath**

**Sunday  
June 20**



**Pool Party!**

**The Ride:** Start location is UB North's Richmond Lot off Frontier Rd. It is dual mileage (38 and 30); both are rated Easy.

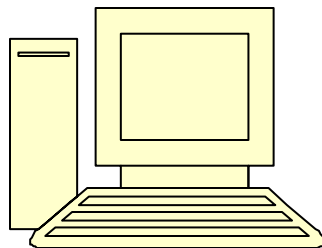
**The Party:** In addition to the usual BYOB, chair, and dish to pass, folks can bring a bathing suit and towel as we have a spa and pool. If Jim cooperates, the volleyball net will be up, and if he doesn't, there will be bocce ball. My plan is to serve BBQ ribs.

**Directions:** The address is 159 Wyeth Drive. From Richmond parking lot, make a left onto Audobon and right onto North Forest. Cross Millersport Hwy and make the first left onto Stahl Rd. and then the first right onto Wyeth Dr. Come on over and let's party on Sunday, June 20!

**Roy's Membership Update**

**By Roy Tocha, May 10**

NFBC now has about 365 members: 286 households, 65 families, 221 individuals. There are 53 new members. 71 NFBC Newsletters are sent by mail.



Attn: Party People! We are looking for a host/hostess for this year's Labor Day Party. Lori Harf has booked a European trip and will not be able to do her regular Labor Day party. This is a great opportunity to have all your bike friends over to share food & laughter.

Call Jean Frederick, 692-3611 or [jeanbike1@msn.com](mailto:jeanbike1@msn.com)

## Safety tips, Part II: Group Riding

Group riding adds comradery and conversation to cycling, a large part of why we belong to the NFBC. But it also brings additional safety concerns and responsibilities.

### Be predictable

Remember that other riders will expect you to follow a straight line, parallel to the curb, at a constant speed, *unless you signal a change.*

### Use signals

Use hand signals and/or verbal signals to indicate stopping, slowing, right and left turns. (See the April, 2010 NFBC Newsletter, page 10). Signals among a group of riders are important because everyone except the lead rider has a limited view of the road ahead, and the riders in front of you can best provide timely warnings of road and traffic obstacles. The NFBC application form lists many verbal signals that apply, and there are still more.

### Traffic, Pedestrians, Passing

Notify other riders of "car right" or "car left". Announce "car up" or "car back" when a car approaches, especially on a narrow road; however, these signals can get tedious in high traffic conditions, so use them for the first car in a group, or an overtaking car that requires riders to "single up", or some other situation that requires an action. Signal "walker up" or "runner up". Use "single up" whenever safety dictates.

Always announce your intention to pass another rider with "on your left". Passing on the right is very dangerous because it is unexpected and forces the overtaken rider out towards the center of the lane; do it only in VERY RARE circumstances, when there is no alternative, and provide a loud, clear verbal signal in advance.

### Announce Hazards

Warn other riders when you see obstacles in the road that must be avoided. Use the "pointing" hand signal or a verbal signal, or both, to

indicate glass, gravel, potholes, rough road, grates, tracks, road kill, and so on. Remember though, the obstacles you mention should be only those that affect safety; if you announce every pebble and leaf, other riders are likely to stop listening to you.

### Caution at Intersections

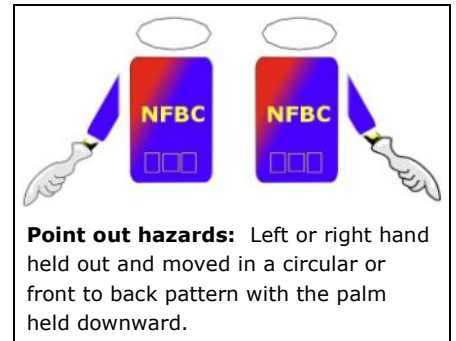
Many NFBC members announce "clear" to indicate they don't see approaching traffic as they cross an intersection. I've always thought this was considerate, but safety experts say it's dangerous! Traffic conditions can change quickly, so each rider should make an individual decision about the safety of the intersection *at that time*, before crossing, based on his or her own speed and abilities in relation to the traffic.

### Move off the road when you stop!

During most rides NFBC members are likely to stop to regroup, read the cue sheet, or help another rider with a flat tire or mechanical problem. Move *well off the road* when you do this, to stay out of the way of motorists and other cyclists.

### Drafting

Well-coordinated pace lines are beyond the scope of this article. Still, many of us take advantage of drafting, and rotate the lead. When you ride close behind another cyclist, you are shielded from the wind, reducing your air resistance. You don't have to work as hard (at least not until it's your turn to take the lead.) You can get this effect by keeping your front wheel 1-3 feet behind the rear wheel of the cyclist in front of you. Don't follow that closely behind riders you don't know, or who you know to be inexperienced or unsteady. Never let your front wheel overlap the next cyclist's rear wheel, and always be prepared for changes in speed or direction. If your wheel touches the wheel of the rider in front, YOU will most likely have a hard fall.



**Point out hazards:** Left or right hand held out and moved in a circular or front to back pattern with the palm held downward.

*"Passing on the right is very dangerous because it is unexpected and forces the overtaken rider out towards the center of the lane..."*

For more detailed descriptions of these club trips and excursions, look at your copy of the March issue of the NFBC Newsletter, or go to: <http://www.nfbc.com/NFBCNews/Mar10NFBCNews.pdf>

**June 25-27**

**Batavia/  
Mumford War  
of 1812 Trip**

The Batavia/Mumford War of 1812 trip will start from Terry's house (750 Dodge Road--plenty of parking). First stop is the Octagon House in Akron, then lunch at Mary's Good & Plenty. Onward to Batavia where we will be staying at the Best Western. Fri. dinner TBD. Saturday morning we're off to Genesee Country Village and Museum for the War of 1812 Re-enactment. Lunch at the Museum and then an easy ride back to Batavia. Dinner at Alex's Place for Steak, Ribs and Seafood. Sunday morning we'll have an easy ride home.

Mark your calendar now for June 25-27. If you need to reserve a room, please call Rebecca at 635-0223. If you are planning to come just Saturday for the ride to Mumford, please let us know. This is a trip designed with lots of flexibility and options, but we do need to plan for our Friday night festivities and reservations for Alex's on Saturday. If you're joining any part of this trip, contact Terry — [tturski@aol.com](mailto:tturski@aol.com) or Jean at [jeanbike1@msn.com](mailto:jeanbike1@msn.com). The deadline is June 13th.

Now is the time to get your reservations in for the NFBC trip to Oberlin, Ohio. We are finding more and more fun and exciting things to do in the Oberlin Area of Ohio. This weeks finds are Bike Shops and a Bike Co-Op on the Oberlin College Campus that is looking forward to having NFBC visit and see how their Bike Co-Op operates. No need to worry if anyone needs bike maintenance while in Oberlin. There is a Saturday Night drive-in movie for bicy-  
cles!

**Oberlin, Ohio**

**July 10-14**

**Oberlin, Ohio** Price per person double is \$255.00. The single supplement is \$200.00. Full payment is due with reservation. All funds paid are refundable until the 11<sup>th</sup> of May. There is a \$100.00 cancellation fee from the 12<sup>th</sup> of May to the 11<sup>th</sup> of June. After the 11<sup>th</sup> of June there will be no refunds. People reserving after the 11<sup>th</sup> of May must pay an additional \$25.00 per person. For details, please call Richard Lepie at 741-2762 or via email at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). To reserve your space, please use the reservation form included in this Newsletter.

**NY-PA EAST SMALL TOWN TOUR**

4 nights, 255 miles, avg. M-D. Very scenic, quaint small town tour thru Wellsboro, Mansfield, Towanda, Sayre, Elmira, Corning, Bath, Hornell, Angelica, and Belmont. Ride the famous PA Route 6 corridor. Follow the Susquehanna and Chemung River from Towanda to Corning, and much more. Many great views to enjoy. Tour is van supported. Join us on this fabulous adventure.

**July 29-Aug 2**

**Eastern NY-PA** Price per person double is \$225.00. The single supplement is \$215.00 Full payment is due with reservation. All funds paid are refundable until the 29<sup>th</sup> of June, after which there are no refunds. Reservations received after the 29<sup>th</sup> of June incur an additional charge of \$25.00 per person. Space is limited to 16. For details, please call Richard Lepie at 741-2762 or via email at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). To reserve your space, please use the reservation form included in this Newsletter.

**Reservation and Payment Form for Richard Lepie's NFBC Club Trips (Oberlin and Eastern NY-PA):**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

NFBC Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Roommate if submitting separate forms: \_\_\_\_\_

1. Oberlin: Double \$255.00 Single \$455.00 after May 11<sup>th</sup>

Double \$280.00 Single \$480.00

2. Eastern NY-PA: Double \$225.00 Single \$440.00 after June 29<sup>th</sup>

Double \$250.00 Single \$465.00

Please circle trip or trips that this reservation form covers. **Please make checks payable to Richard Lepie and mail along with this form to:**

Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031

Questions: e-mail [Richard\\_suntreader@hotmail.com](mailto:Richard_suntreader@hotmail.com)

Voice: 741-2762



*The lighter side of NFBC trips...*

## The Perfect Roommate

By Liz Williams

Penny and I were assigned to be roommates on the bike club trip to Virginia last summer. On the application for the trip, there was a blank spot which was labeled "Roommate". At first I didn't fill in it because I was taking this trip solo, but then I got to thinking about the possibilities. So I wrote in "Nicholas Cage", and submitted my form. I was impressed. I had no idea it could be so easy to get a celebrity to room with you on vacation. What a bike club!

I don't know who Penny wrote in for her roommate, but she got me. We didn't really know each other well prior to the trip, but I am pretty flexible, and it was only for a few nights anyway, so, aside from missing Nick, I was fine with the arrangements. As things turned out, I was lucky. Penny was the Perfect Roommate.

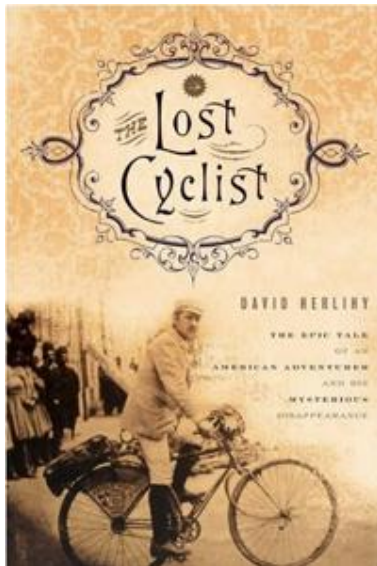
At the hotel, she started by letting me take whichever bed I wanted, which of course was the one by the window. I threw my two suitcases, one duffel and various carry-ons all over the table and chairs on my side of the room. Penny had a small, expensive looking overnight bag and a valise which she placed on the floor at the foot of her bed. She took very little time in the bathroom, and when she left it, I could have sworn the maid had just cleaned it. I had makeup and creams and little bottles of soap and brushes and assorted hair-related appliances all over the counter; she had a small cosmetic bag and some fabulous-smelling fragrance. Penny was hardly ever in the room. I crashed there after every bike ride, while she slipped out to the pool do to laps and cool off. She was cheerful and pleasant and quiet, she let me have my way and she was mostly not around. See what I mean? The Perfect Roommate.

At night, Penny would slip into some silky frilly night frock, while I donned an old Mickey Mouse tee shirt that hung down to my knees. Penny fell asleep while I was still watching TV. I noticed that she slept on her back with her blonde hair sort of splayed out around her head on the pillow. She turned her head slightly to one side and soon I couldn't even hear her breathing. On the other side of the room, I fell asleep with one pillow balled up under my waist and the other one wrapped around my head. I sometimes wake myself up with a swine-like snort, and I always get up at least once a night to make a visit. In that unfamiliar room, I made a lot of noise trying to find my way to the bathroom and back. Penny was undisturbed.

In the morning, I woke up with my head on the nightstand, sort of drooling a little onto the phone. All of my blankets and the spread had been flung to the floor during the night, and the only remaining bedsheet was tangled around my neck. I looked over at Penny. Her bedclothes were barely disturbed. She had turned onto her side and had one hand slipped between the pillow and her cheek. Her face had the rosy glow of a child just waking from a nap. I marveled at her. Are people born that way or is it a learned skill? She was Perfectly amazing.

For this year's bike club trip, I filled in "Harrison Ford" on the application, but I don't really think that's going to work out. I mean, the man's a celebrity; he's got commitments. I understand. I will probably end up with another female roommate, but she has no idea what standards she is going to have to live up to. Now that I have experienced the Perfect Roommate, it may be hard to go back to rooming with someone more like me.

## The Lost Cyclist: Slide show and book signing



David Herlihy is making his first public appearance promoting his new book, *The Lost Cyclist* (Houghton Mifflin), in Buffalo at Hallwalls Contemporary Arts Center on **Tuesday, June 8 at 7:00 PM**. David is the author of *Bicycle: The History* (Yale University Press, 2004), a book Publishers Weekly called a well-researched "comprehensive genealogy of the two-wheeled savior of mass transit".

*The Lost Cyclist* is about Frank Lenz, a young man who left his home in Pittsburgh in the spring of 1892 to cycle around the world on a new-fangled "pneumatic safety" (a prototype of the modern bicycle design, the first with two equal-size wheels), only to disappear mysteriously in Turkey two years into his epic journey. Beginning his journey to cycle around the world, "Lenz first crosses the U.S., then hops a ship to Japan which he rides across. From there Lenz crosses China, India and much of the Middle East before disappearing two years later in Turkey under what might be called 'mysterious circumstances.'" (<http://>

[www.vagablogging.net/around-the-world-with-the-lost-cyclist.html](http://www.vagablogging.net/around-the-world-with-the-lost-cyclist.html))

David will give a digital slideshow of photographs Lenz took before his world tour (on an old-fashioned "high-wheeler") and during the tour, crossing the U.S., Japan, China, Burma, India, and Persia. Herlihy has worked with Lenz's diary and letters to friends and relatives back in the U.S., as well as the journals of two more bicyclists who set out to solve the mystery of Herlihy's disappearance. The Just Buffalo Web site says "Cyclists, cycling buffs, potential cyclists nursing wanderlust to see the world, and their friends, along with readers of adventure stories, history, and anyone interested in a fantastic story well told, will want to grab a seat in the Hallwalls Cinema to be a part of this Hallwalls/Talking Leaves event."

**Sponsored by:** Talking Leaves Books, Hallwalls Contemporary Arts Center **Tuesday, June 8, 2010 @ 7:00 PM**, Hallwalls Cinema, Babeville, 341 Delaware Ave. @ Tupper, Buffalo. Phone: 716.854.1694, Email: [ed@hallwalls.org](mailto:ed@hallwalls.org)

### Niagara Frontier Bicycle Club

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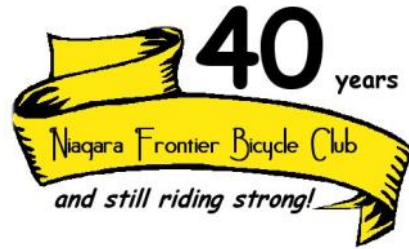
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## Reserve now for August 27-29!

The August 27-29 Weekend is the focus of our 40<sup>th</sup> Anniversary activities. The committee hopes that current members will be joined by club founders and other early members in celebrating the NFBC's 40 years of riding together. Registration is limited, so please act soon.



Please complete the Registration Form below by **July 31st**. There are number limits on Sunday's Darwin Martin House Complex Tour and the Parkside Lodge Lunch, so get your form in early to assure your spot.

Now is the time to dig out your notes, photos, T-Shirts, patches, (whatever!) from our NFBC events of the last 40 years. We are preparing billboard-type displays for the various 40th Anniversary events, and we hope to incorporate some into a keepsake anniversary brochure. Submit any materials for display or brochure by **June 30** to Jean or Nancy, contact information below.

### 40<sup>th</sup> Anniversary Weekend – August 27-29, 2010

#### Niagara Frontier Bicycle Club: Reservation and Payment Form

Name(s): \_\_\_\_\_ E-mail address: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 \_\_\_\_\_ Current NFBC Member Number(s) \_\_\_\_\_


What year did you join the club? \_\_\_\_\_ (for your nametag!)

Date, Event, Location & Details	Cost per Person	Number Attending	Total Cost
<b>Friday, August 27</b> <u>Social Get-together at Eddie Ryan's, Second Floor, 50 Central Avenue, Lancaster NY, 7:00 PM - ?</u> Cash Bar, Snacks provided	\$5.00 in advance; \$10.00 at the door		
<b>Saturday, August 28</b> <u>Club Picnic at Elma Meadows, Girdle Road, Elma NY, Shelter #1, 12:30 PM after 9 and 10 AM Rides, Catered Picnic</u>	\$5.00 charge at the Park		
<b>Sunday, August 29</b> <u>Sunday Lunch, Parkside Lounge, Parkside and Florence, Buffalo, 11:00 AM, Catered Lunch</u>	\$12.00		
<b>Sunday, August 29</b> <u>Frank Lloyd Wright Darwin D. Martin House Complex Tour, Jewett Avenue, Buffalo NY, 1-1/2 Hour Guided Tour, 1:30 PM to 3:00 PM</u>	\$13.00		
Total			\$

Make checks payable to NFBC Inc. and mail along with this form to: NFBC, c/o Jean Frederick, 588 Sweeney Street, North Tonawanda NY 14120 . Contact Jean Flinder Frederick [716-692-3611 ([jeanbike1@msn.com](mailto:jeanbike1@msn.com))] or Nancy Paluch Haberly [716-649-5374 ([haberlyn827@juno.com](mailto:haberlyn827@juno.com))] with questions.

Niagara Frontier Bicycle Club  
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