

NFBC NEWSLETTER

Dates to Remember

- June 1, Morning rides begin at 9AM
- June 4, Tour de Cure
- June 25, Sat. Breakfast ride is moved! See page 4
- June 25, Ride for Roswell
- August 14, CAN AM

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www.nfbc.com

Upcoming Rides

Although not official NFBC rides, two important "charity rides" for Buffalo bicyclists take place this month. On **June 4, the Tour de Cure** starts from Niagara County Community college, and continues over Niagara County Roads. It's not too late to join the NFBC Team, or donate to support NFBC riders (<http://tour.diabetes.org>). On **June 25, the Ride for Roswell** includes many NFBC members riding independently or as members of various teams. You can still sign up to ride, or support NFBC members riding for this important cause (<http://giving.roswellpark.org/page.aspx?pid=582>).

Don't forget our own **CAM AM on August 14**. Co-Chair Linc Blaisdell reports that "plans are progressing well". The CAN AM Committee is still looking for volunteers on the day of the ride or in the month before, especially people who aren't riding, or are riding the shortest ride. Registration for the ride is open online, or through a registration form that will be published in next month's *NFBC Newsletter*.

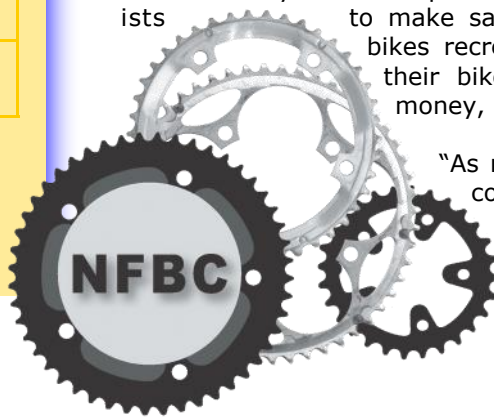
Record Spring Rainfall Cuts Cycling Opportunities

It's not your imagination Frank, this has been an extremely wet spring (meteorological spring: March, April, and May). In fact, as of May 19, it was a record-breaker for Buffalo and Western New York, with an accumulated 15.36 inches of rainfall since March 1, smashing the previous record of 14.9 inches. And of course, there was still more rain after that! Needless to say, cycling was negatively affected. Many rides were canceled, and others went on under less than optimal conditions. Think Sunshine!



AAA and the League of American Bicyclists Gear Up to Promote Safety

In conjunction with National Bike Month (May), AAA and the League of American Bicyclists have partnered to encourage both bicyclists and motorists to make safety a top priority. While most adults ride bikes recreationally, an increasing number are riding their bikes to work to improve their health, save money, and reduce their overall carbon footprint.



"As more cyclists hit the road and trail, we welcome the opportunity to work with AAA to reinforce the safety messages that both cyclists and motorists really need to take to

(Continued on Page 5)



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

June 2011 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff	Elevation	Start Location	Ride Leader
Sat, June 04	9:00 AM	291	The Fire Plug / Escape to Attica	64/37	XXD/Mod	3900/1200	Pembroke Central HS, Rt 77 & Rt 5	Pat Danaher 310-8136
Sun, June 05	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.	Tom Barone 240-9926
Sun, June 05	9:00 AM	302	New Saturday Sundae	41/37	Diff/Mod	1500/ 985	Hamlin Park (south parking lot), S Grove St, E. Aurora	Jody Snyder 310-9517
Sat, June 11	9:00 AM	730	Lower River Rd.	44	Mod	0	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Cindy Adams 816-2902
Sat, June 11	9:00 AM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Cindy Stachowski 627-4487
Sun, June 12	9:00 AM	736	Swamp Thing	43/36/28	Easy	0	Russel Town Park, Clinton & Main St., Akron	Betsy Dexheimer 585-343-5172
Sun, June 12	9:00 AM	254	Loose Goose	45/35	XXD/MD	3200	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	John Clauss 533-7722
Sat, June 18	9:00 AM	715	Elba Muckdog Circuit	40	Mod	1000	Elba Central School, SR-98, Elba	Dennis Powell 691-6233
Sat, June 18	9:00 AM	46	Hills%\$##@*Hills	34/28	XD/MD	2550	Hamlin Park (south parking lot), S Grove St, E. Aurora	Bradshaw Hovey 857-0906
Sun, June 19	7:00 AM	207	Multiple Choice-C	100	XD	1700	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Kathy Karnath 688-2968
Sun, June 19	9:00 AM	206	Multiple Choice-B	61	MD	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Betsy Dexheimer 585-343-5172
Sun, June 19	9:00 AM	205	Multiple Choice -A	31	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Betsy Dexheimer 585-343-5172
Sat, June 25	9:00 AM	737	Wilson Harbor Breeze	35	Easy	450	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Margaret Rockwood 361-0416
Sat, June 25	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	Ralph Yacinthe 310-4270
Sun, June 26	9:00 AM	711	Whirlpool Spin	39	Easy	540	Gratwick Riverside Park, River Rd. N. Tonawanda	Alex Setlik 692-7045
Sun, June 26	9:00 AM	224	Springville Sprint	41/20	XD/mod	2900/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Clauss 533-7722
Sat, July 02	9:00 AM	741	War of 1812 Overlook	43/32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	
Sat, July 02	9:00 AM	248	Nutcracker	47/27	XD/MD	3000/ 1500	Hamlin Park (south parking lot), S Grove St, E. Aurora	Tim Cleary 807-7174
Sun, July 03	9:00 AM	744	Oak Orchard	46/34	Mod	0	Russel Town Park, Clinton & Main St., Akron	
Sun, July 03	9:00 AM	27	Hamburg to Lake Erie	36/26	Easy	660	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dick Swank 992-2404
Mon, July 04	9:00 AM	757	Fox Valley	46/35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Carl Mach 685-0832

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

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park, 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
Wednesday	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)	Peg Walker (741-4616), Gerry Russell and Jane Armbruster
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	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
Friday	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
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
Sunday	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 (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Notify Sue Williams (688-2981), Chairperson of the Sunshine Committee. NFBC Cares about its people.

JUNE 2011

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
			1 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	2 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	3 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	4 <i>Amherst 9 AM</i> <i>The Fireplug</i>
5 <i>Buffalo 9 AM</i> <i>Ft. Erie to Niag.Falls</i> <i>New Sat. Sun.</i>	6 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	7 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	8 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	9 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	10 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	11 <i>Amherst 9 AM</i> <i>Lower River Rd.</i> <i>The Plank</i>
12 <i>Buffalo 9 AM</i> <i>Swamp Thing</i> <i>Loose Goose</i>	13 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	14 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	15 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	16 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	17 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	18 <i>Amherst 9 AM</i> <i>Hills%\$#@*Hills</i> <i>Elba Muckdog Cir.</i>
19 <i>Buffalo 9 AM</i> <i>Multiple Choice, AB</i> <i>(9AM), C(7AM)</i>	20 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	21 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	22 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	23 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	24 <i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	25 **Clarence 9 AM <i>Wilson Harbor Brz.</i> <i>4 way Split</i>
26 <i>Buffalo 9 AM</i> <i>Whirlpool Spin</i> <i>Springville Spring</i>	27 <i>Pendleton 9 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	28 <i>Tonawanda 9 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	29 <i>Orchard Park 9 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	30 <i>Lancaster 9 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	<i>Clarence 9 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	<i>Amherst 9 AM</i> <i>War of 1812...</i> <i>Nutcracker</i>

**** Attention Saturday Breakfast Riders:** On Saturday, June 25 ONLY, the Sat. breakfast ride will begin at the Community of Christ Church, Thompson Rd. in Clarence, so as to avoid the bike traffic from the Ride for Roswell. This is the location for the regular Monday evening and Friday morning rides. Rebecca Ribis will provide route choices, including a breakfast option stopping at "Mary's Good and Plenty" in Akron for those wishing to stop.

Friday AM, May 14

NFBC riders leave the breakfast stop at Mary's Good and Plenty in Akron. It was a rare sunny, warm day in May. From L to R, Paul Aquila, Tom Barone, Bob Alessi, Elaine Rubenstein, Marty Payne, Mike Dusing, Barb Reade, Brad Chase, Bill Tambacas, and Ed Peters. —*photo by Lori Harf*



AAA and the League of American Bicyclists Gear Up to Promote Safety

(Continued from Page 1)

heart," said Andy Clarke, President of the League of American Bicyclists. "We have a shared responsibility to share the road – and the reality is that most cyclists are also motorists at some point."

"Education—on both sides—is key for all road users, of all ages," said AAA's Traffic Safety Specialist Rhonda Markos. "Despite conventional wisdom, children are not the primary victims of bicycle crashes." Of the 630 bicyclist deaths in 2009, eight out of ten were adults over 21, so the League of American Bicyclists and AAA have partnered on a campaign that offers **adult bicyclists five easy steps to safer bicycle riding**:

- **Follow the Rules of the Road:**
 - Always ride with traffic, using the rightmost lane, obeying the same laws as motorists.
 - Use hand and arm signals to indicate your intention to stop, merge or turn.
- **Be Visible:**
 - Ride where drivers can see you. Do not ride on the sidewalk.
 - Wear brightly colored clothing at all times.
 - At night, use a white front light and red rear light or reflector, and wear reflective clothing.
- **Be Predictable:**
 - Ride in a straight line and don't swerve between parked cars.
 - Make eye contact with motorists to let them know you are there.
- **Anticipate Conflicts:**
 - Always be aware of traffic around you and be prepared to take evasive action, exercising additional caution at intersections.
 - Learn braking and turning techniques to avoid crashes.
- **Wear a Helmet:**
 - Helmets, when worn properly, are up to 85 percent effective in protecting the head and brain in the event of a crash. Should you crash, or have an impact that affects your helmet, replace it immediately.
 - Fit matters: Wear your helmet level on your head, low on your forehead, with no more than two finger widths above your eyebrow.

"AAA is pleased to work with the League of American Bicyclists to remind adults about safe bicycling practices and to encourage motorists and bicyclists alike to share the road," Markos said. Motorists, too, can make an effort to reduce bicyclist injuries and fatalities. **AAA offers motorists the following precautions** when sharing the road with bicyclists:

- Stay alert, avoiding all distractions while driving.
- Yield to bicyclists when turning.
- In bad weather, give bicyclists extra passing room.
- Check mirrors and blind spots for bicyclists before entering or leaving a lane of traffic.
- Slow down and give at least 3 feet of clearance when passing.
- Reduce your speed when passing bicyclists, especially when the road is narrow.
- NEVER honk your horn at a bicyclist just to let them know you are there; it could cause them to swerve into traffic or off the roadway and crash. Save your horn for emergencies.
- Always check for bicyclists before opening your car door.



Source: <http://www.aaanewsroom.net/Main/Default.asp?CategoryID=7&ArticleID=846>

There's Still Time to Sign Up for an NFBC Trip!

Leesburg, Virginia Club Tour June 30-July 4, 2011

Please mail your reservation form as soon as possible, as there are only a limited number of rooms. The fees for the trip include hotel, daily breakfast, ride maps, parties, entertainment and special events. Trip insurance

is available – please call during working hours. Full payment is due with reservation. All funds paid are refundable until the 15th of May. There is a \$100.00 cancellation fee from the 16th of May to the 29th of June. After the 29th of June there will be no refunds. People reserving after the 15th of May must pay an additional \$25.00 per person.

Experience Virginia's culinary and historical treasures just 25 miles from Washington D.C. in Loudoun County. Alex is back and has planned some fantastic rides, through some of the most scenic areas in the Eastern US, including charming towns and villages steeped in history. We will be staying at the Best Western. There's an outdoor pool to cool off and outdoor space for parties, etc. A large continental breakfast is included. *For a more complete description of the trip, see the March issue of the NFBC Newsletter. For details about specific rides, see Alex Setlik's post to nfbc@yahoogroups.com*

Payment Form for Leesburg VA trip:

Name: _____

Address: _____

Telephone: _____

NFBC Number: _____

E-mail: _____

Roommate if submitting separate forms: _____

Name: _____

Address: _____

Telephone: _____

NFBC Number: _____

E-Mail: _____

Cost: (After May 11th) Double \$300.00 Single \$515.00

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 Voice: 741-2762 nights and weekend, 635-0223 working hours.

Roy's Membership Update



**By Roy Tocha,
NFBC Membership
Chairperson**

As of May 20, NFBC has 355 members. There are 51 new members. The club membership includes 276 Households. 48 *NFBC Newsletters* are mailed.

Welcome this month's new members: Paul Brown, James & Carol Coles, Peter & Linda Forrestel, Jessica O'Neill, Rick Skomra, Chung S. Yi, and Dave Ward

Returning members: Sometime in June I will be updating my NFBC addressbook and the Yahoogroup membership list. If you have not renewed your membership by then, I will be deleting your name from them. Renewals for 2011 memberships were due March 1, 2011.

Thanks,
Roy

**July 30-Aug 1
Toronto Bike
Train Trip**

The train schedule is set: make your hotel reservations now to join the group!



BIKE TRAIN

- On Sat., July 30, We'll load our bikes on the 11:40AM train in Niagara Falls, ON, and travel in comfort to Toronto (Train schedules & info at: <http://www.niagaragotrain.com/index.php/more-info/schedules-and-fares/>)
- After check-in at the Holiday Inn Express Downtown, enjoy Toronto sites and dining with the rest of the group. There are single & double rooms available, which hold up to 3 or 4 (or fewer) so ask around for a roommate if you want to share costs. A group dinner, sightseeing, and a bike ride are highlights of the overnight Toronto visit. Breakfast is provided at the hotel.
- On Sun., July 31, meet the group at the designated time and place to begin the cycling adventure back to home. Tom will lead the ride at a leisurely pace, beginning with the Waterfront Trail, for the 40 mile ride to Burlington. There will be a lunch stop in scenic Port Credit.
- Sun., July 31 will be an overnight stop at the Burlington, ON Holiday Inn. They offer a swimming pool, hot tub, sauna, and games room for recreation; restaurants are a short walk from the hotel.
- On Monday, August 1, Tom will lead the group along a new route back to the Niagara Falls ON, passing vineyards and orchards (stops will be your choice), with a group lunch stop in charming Port Jordan.
- For questions, contact Tom Barone: tbarone2@roadrunner.com or 418-9132. Tom will provide links to detailed maps and cue sheets for the routes, wineries, and post more trip details on nfbc@yahoo.com.

STEP #	What you need to do:	How to do it:
1	Reserve your room in Toronto for Saturday, July 30, 2011	Contact the Holiday Inn Express, Downtown Toronto, at 416-367-5555 or www.hiexpress.com/torontodtwn Be sure to mention the "Bike Train Riders" group block to get a room with our group rate.
2	Reserve your room in Burlington, ON for Sunday, July 31, 2011	Contact the Holiday Inn Burlington, 905-639-4443 ext 4676, or 1-888-987-4888, or unh2248res@whg.com Be sure to mention the group block ID "829934" to get a room with our group rate.
3	Purchase your train ticket at the station on the day of departure (Saturday, July 30, 2011) for the 11:40 AM train from Niagara Falls, ON to Toronto	Arrive at the Niagara Falls, ON Train Station AT LEAST ONE FULL HOUR before departure. Buy your ticket at the train station ticket office.

The confirmations for the trip and this great adventure continue to come in to my e-mail. A very nice group is shaping up for this year's ride. Many riders new to the trip will join a very nice return of previous years' riders.

The hotel reservation block will only be available until June 19th. After that date, all rooms that have not been reserved will be released back to the hotels. Anyone wishing to go on the trip after June 19th will have to find their own accommodations. You have the information, now is the time to make the commitment and make your reservations A.S.A.P.

I can be reached for questions or concerns at tbarone2@roadrunner.com or 716-240-9926.

This year's trip is going to be the best yet!

Tom

Three Essential Techniques for Roadies

By Fred Matheny for www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

Face Off. If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.

No Turtles. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

Get a (Light) Grip. Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

Practice Slowly. A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.

Remember Mud. Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as

helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.

Knee the Bar. As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3. Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial. Here's how to recover like a stage racer:

Pump Fluids. The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike. After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.

Replenish Glycogen Supplies. A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carb, a bagel and banana about 60.

Rest. Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

Subscribe to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Editor's note: The RoadBikeRider Newsletter is a free, weekly email newsletter that has informative articles touching on all aspects of road bike riding. Go to their web site to sign up to have it emailed to you. The editors have made selected articles, such as this, available for re-printing.

Niagara Frontier Bicycle Club

BOARD OF DIRECTORS

President

Lincoln Blaisdell (479-9431)
4715 Ransom Road
Clarence, NY 14031
linc43@roadrunner.com

Vice-President

Dennis Powell (691-6233)
1031 Tonawanda Creek Road
Amherst, NY 14228
powell.dennis.j@gmail.com

Secretary

Liz Skelton (400-6091)
38 Brandel Ave
Lancaster, NY 14086
brightbluesky9@aol.com

Treasurer

Kathy Karnath (688-2968)
159 Wyeth Drive
Getzville, NY 14068
k_karnath@yahoo.com

Board Members

Jane Armbruster (688-3943)
790 Maple Rd. #26B
Williamsville, NY 14221
armbruja@buffalostate.edu

Ian Currie (601-7390)
162 Nichter Road
Lancaster, NY 14086
Ian63@roadrunner.com

Brenda Fischer (683-3961)
11 Lake Forest Parkway
Lancaster, NY 14086
brendafischer99@yahoo.com

Frank Soltiz (937-6924, Cell
574-6199)
597 Bauder Park Dr.
Alden, NY 14004
fsoltiz@aol.com

Cindy Stachowski (868-7005)
5828 Ainslee Lane
Lake View, NY 14085
csbikesalot@yahoo.com

Membership Chairperson

Roy Tocha
11 North Eaglecrest Drive
Hamburg, NY 14075
rtocha@yahoo.com

Club Historian

Jim Vozga (741-9440)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

Newsletter Editor

Elaine Rubenstein (633-2133)
106 Summer Hill Lane
Williamsville, NY 14221
elaine_rubey1@yahoo.com

Newsletter Circulation

Sue and Bob Alessi
3637 Northcreek Run
Wheatfield NY 14120
salessi1@roadrunner.com



Bloody Run on May 8, out of Elma Meadows

By John Knab

Lots of Hills on this ride. Just when you made it to the top of one hill and had a thrilling downhill, another was just ahead waiting to be conquered. Bright sunshine all day. After 30 plus miles of hill climbing, we decided to take a break at the last 7 or so miles, replenish some fluids and take in the sights. The alpacas were curious and wanted to eat my helmet, so I had to take a few steps forward. —*photo by Jim Knab, of John Knab + unnamed alpacas.*



25 Years Ago



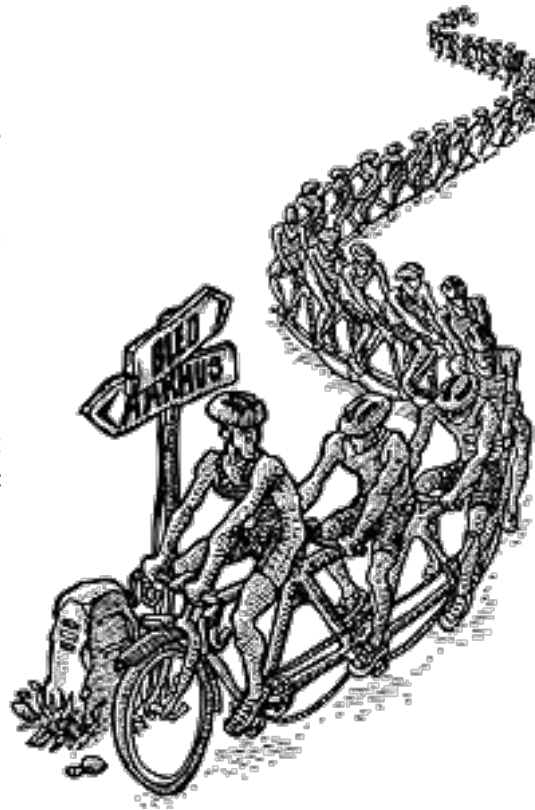
**By Jim Vozga,
NFBC Historian**

THE GREATER EASTERN AREA RALLY

25 years ago this month NFBC was preparing to host THE GEAR INTERNATIONAL 1986 BICYCLE RALLY, June 13-16. Because of our great reputation and success with our annual Rainbow Rally over the years, the League of American Bicyclists asked us to hold this prestigious rally. The event was held at the UB Amherst Campus with a budget of \$120,000! 1100 riders from all over the US participated in the event. About 26 rides were available each major day ranging from a 5 mile kids' ride to 2 different centuries and a double metric century; there were rides to the Allentown Art Festival, Niagara on the Lake, The Roycroft, and wineries! We also offered pre- and post-event riding tours. Over 120 volunteers did everything from leading those rides to managing housing and food (breakfast, a bag lunch, and dinner) each day for the riders.

Entertaining the participants was also important when they were not riding. Some of the options the more than 1000 riders had available included an Ice Cream Social, several movies in a theater that held 270 people, an outdoor picnic, a Rock/Blues Dance featuring the group King Snake, a Country concert, a Jazz concert and a Big Band concert! When not riding or being entertained the riders could visit the exhibit hall to view the booths of some 26 exhibitors displaying and selling clothing, components, bikes and tours and all manner of

bicycle related items. Still bored? 35 Workshops in 35 separate rooms were also available on topics ranging from tandem riding, tours in Europe, activism, bicycling with children, China by bike, bicycling sports medicine and many many others.



GEAR 1986 rally ran very smoothly. The planning committee, chaired by Roger and Nancy Haberly, did Herculean labor in the planning and execution of the event. The NFBC board served three years instead of its normal two to insure continuity. We enlisted the help of other clubs; members of Big Wheels Bicycle Club in particular provided many volunteers. In the months before the rally, all of the GEAR rides were ridden to check and recheck for errors or closed roads. In all, about 1000 miles of roads were marked with color-keyed cues for the various routes.

The event was very successful and rewarding. It was a great accomplishment and a "feather in the helmet" for the NFBC. Out-of-towners waxed eloquent about our rides and hospitality. LAB no longer does rallies and most clubs have limited their invitational activities to much smaller one- or two-day major rides like the Davis Double or TOSRV. While attending LAB sponsored rallies, I enjoyed Pennsylvania Dutch restaurants, lobster in New England, rides over rolling green hills in horse country, Civil War Battlefields, one room school houses, covered bridges, and many friends. When the rallies began to fade, we began the club trips to offer ride in new locations. More about the history of those great memories next month...

Jim

Print Form

NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether 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 any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

Email1 Email2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:			Birthdate (if under 18)

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
c/o Roy R. Tocha
11 N. Eaglecrest Dr.
Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to nfbc@yahoogroups.com

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
 - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
 - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
 - "Single Up"- telling the group that riders need to be riding single file
 - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
 - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
 - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
 - "Road Kill"- warning riders there is a dead animal in their path.
 - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
 - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
 - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

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