

# NFBC NEWSLETTER

## Dates to Remember

- June-August, morning week day rides begin at 9:00 AM
- June 23, Sat. Breakfast ride moved (see p.4)
- June 30-July 4, Hudson Valley Club Trip
- July 26-29, 1000 Islands Club Trip
- Aug. 4-5, CanAm

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[www.nfbc.com](http://www.nfbc.com)

## June Rides of Special Note:

Pat Danaher wants you to try the Southtowns Ride of the Month for June - Java Lake Ride - on **Saturday, June 2nd**. Designed by Tim Leach in 1995 and again, like all great rides, still remains unchanged! 39 up and down miles takes us on some of the most scenic roads in the Lake Java/Beaver Meadows area. Led by Ride Leader of the Year-wanna-be Tim Cleary. Same great rest stop as last month's ride. And the end in Holland where we are sure to recall some of the great NFBC finishes there... but to hear them you have to come on out!

Your second opportunity this season at an NFBC century or metric century is on **Saturday, June 16**, in the Multiple Choice Rides, A(31), B(61), and C (100). Train for the CanAm! This is also the month for two great charity ride opportunities: The Tour de Cure (June 2) and the Ride for Roswell (June 23). Centuries, metrics, and more.

Dennis Powell suggests the War of 1812 Overlook on **Saturday, June 30**. It starts in the historic village of Lewiston. Riders will warm up heading out of the village on Ridge Rd. (Rt.104). The "ridge" that Ridge Rd. sits on was actually the shore of an ancient lake. The longer distance option will turn off and cross through some of the Niagara county orchards and farms to Wilson while the short distance option starts cutting back just past Ransomville. Either way, the return is along Rt. 18 near the Lake Ontario shore. The ride REALLY starts in Youngstown. The 7 or so miles between Youngstown and Lewiston is one of the prettiest routes in this area. Youngstown, of course, has Old Fort Niagara just north of it, but there's also a little historical marker where a Salt Battery was located by the Niagara River, hence the 1812 overlook. There's a little gazebo there, if you want to stop and take a look. Heading south on 18F, you'll have the Niagara River on your right and many large, beautiful homes to check out on the left. Near Lewiston will be the architecturally imposing Stella Niagara complex, which houses an elementary school, a conference center and home for aged Catholic Sisters. The ride rounds out as you return to the Village of Lewiston where there are plenty of places to rejuvenate after your ride.

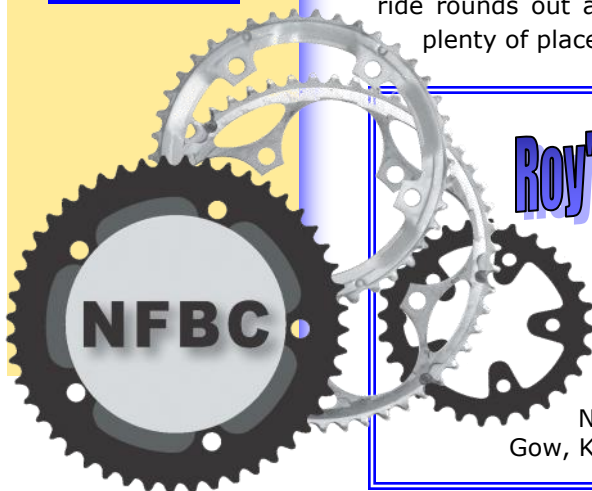
## Roy's Membership Update

**By Roy Tocha, Membership Chairperson**

NFBC now has about 369 members (as of May 20). They are in 284 Households. There are 48 new members.

### Welcome this month's new members:

Nancy L. Sweeney, Eon, Kelly & Madison Verrall, Charles Gow, Kevin Evans, Paul Rossi





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

# June 2012

## WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sat, Jun 02	9:00 AM	362	<a href="#">Clarence to Alden</a>	43 / 25	Easy	600/300	<a href="#">Clarence High School, Main St. at Gunnville Rd.</a>	Jane Armbruster 688-3943
Sat, Jun 02	9:00 AM	271	<a href="#">Java Lake Ride</a>	39	Diff	2850	<a href="#">Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)</a>	Tim Cleary 807-7174
Sun, Jun 03	9:00 AM	19	<a href="#">Fort Erie to Niagara Falls</a>	40 / 20	Easy	NA	<a href="#">American Start: @ Peace Bridge on Busti Ave @ Pedestrian Entrance to Toll Booths; Canadian Start: @ Parking Lot on Niagara Blvd &amp; Queens St.</a>	Rebecca Ribis 837-0089
Sun, Jun 03	9:00 AM	748	<a href="#">Bloody Run</a>	44 / 36	MD/Mod	1900	<a href="#">Elma Meadows Park, Girdle &amp; Rice Rds</a>	Carl Mach 685-0832
Sat, Jun 09	9:00 AM	251	<a href="#">Lancaster to Akron Falls</a>	36	Easy	0	<a href="#">Lancaster High School, 1 Forton Dr, between Central Av &amp; Pleasantview Dr.</a>	Bob Alessi 694-0853
Sat, Jun 09	9:00 AM	302	<a href="#">New Saturday Sundae</a>	41 / 37	Diff/Mod	1500/985	<a href="#">Hamlin Park (south parking lot), S Grove St E. Aurora</a>	Ed Hutton 652-7428
Sun, Jun 10	9:00 AM	335	<a href="#">Akron Junction</a>	38 / 28	Easy	0	<a href="#">Parking lot on Sawmill at Main St., Clarence Hollow</a>	Liz Skelton 435-0244
Sun, Jun 10	9:00 AM	291	<a href="#">The Fire Plug / Escape to Attica</a>	64 / 37	XXD/Mod	3900/1200	<a href="#">Pembroke Central HS, Rt 77 &amp; Rt 5 Pembroke</a>	Pat Danaher 310-8136
Sat, Jun 16	9:00 AM	205	<a href="#">Multiple Choice -A</a>	31	Easy	0	<a href="#">Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo</a>	Rich McCarthy 982-0626
Sat, Jun 16	9:00 AM	206	<a href="#">Multiple Choice-B</a>	61	MD	0	<a href="#">Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo</a>	Rich McCarthy 982-0626
Sat, Jun 16	7:00 AM	207	<a href="#">Multiple Choice-C</a>	100	XD	1700	<a href="#">Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo</a>	Tim Cleary 807-7174
Sun, Jun 17	9:00 AM	711	<a href="#">Whirlpool Spin</a>	39	Easy	540	<a href="#">Gratwick Riverside Park, River Rd. N. Tonawanda</a>	Rebecca Ribis 837-0089
Sun, Jun 17	9:00 AM	337	<a href="#">The Plank</a>	38	Easy	800	<a href="#">Parking Lot behind fire hall across from 44 Long Ave, Hamburg</a>	Mike Mayer
Sat, Jun 23	9:00 AM	737	<a href="#">Wilson Harbor Breeze</a>	35	Easy	450	<a href="#">HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn</a>	Sue Alessi 694-0853
Sat, Jun 23	9:00 AM	288	<a href="#">To Hill and Back</a>	51 / 38	XD/Diff	3020 / 1800	<a href="#">Hamlin Park (south parking lot), S Grove St E. Aurora</a>	Bradshaw Hovey 857-0906
Sun, Jun 24	9:00 AM	744	<a href="#">Oak Orchard</a>	46 / 34	Mod	0	<a href="#">Russel Town Park, Clinton &amp; Main St., Akron</a>	Brenda Fischer 683-3961
Sun, Jun 24	9:00 AM	386	Pat's new orchard park ride	0	0	0	<a href="#">Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park</a>	Loren Danaher 310-8136
Sat, Jun 30	9:00 AM	741	<a href="#">War of 1812 Overlook</a>	43/ 32	Easy	0	<a href="#">Academy Park, Center &amp; S. 9th St. Lewiston, next to Tops</a>	Scot Hewitt 579-3622
Sat, Jun 30	9:00 AM	27	<a href="#">Hamburg to Lake Erie</a>	36 / 26	Easy	660	<a href="#">Parking Lot behind fire hall across from 44 Long Ave, Hamburg</a>	Ron Kalka 570-1319

**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
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Mike Dusing, 895-6423
	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	2952 Niagara Falls Blvd., near North French, behind Pet Supplies Plus, Amherst,	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Tom Williams, 688-2981
	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., Swormsville (Clarence)	Peg Walker, 741-4616
	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	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster ( <a href="#">map link</a> )	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	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 Sue Williams, 688-2981
<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.



Riders on the **Tuesday night north ride**, May 15. Tom Williams now leads the ride after trading Friday night north to Marty Viggato. Two distances are always offered; terrain is mostly flat, but a challenging ride is always available, so riders of all abilities can have a great ride. The ride leaves from West Canal Marina, a beautiful park with picnic facilities and restrooms that will open starting Memorial Day. Photo by Tom Williams.

# JUNE 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The regular day-of-the-week rides are indicated in italics; morning rides start at 9 AM in June, and evening rides start at 6:30 PM.</p>					<p><b>1</b> Clarence 9 AM Amherst 6:30 PM Elma 6:30 PM</p>	<p><b>2</b> Amherst 9 AM Clarence to Alden Java Lake Ride</p>
<p><b>3</b> Buffalo 9 AM Ft. Erie to Niagara Falls Bloody Run</p>	<p><b>4</b> Pendleton 9 AM Clarence 6:30 PM E. Aurora 6:30 PM</p>	<p><b>5</b> Tonawanda 9 AM Pendleton 6:30 PM Hamburg 6:30 PM</p>	<p><b>6</b> Orchard Park 9 AM Swormsville 6:30 PM Orch. Park 6:30 PM</p>	<p><b>7</b> Lancaster 9 AM Pendleton 6:30 PM Lancaster 6:30 PM</p>	<p><b>8</b> Clarence 9 AM Amherst 6:30 PM Elma 6:30 PM</p>	<p><b>9</b> Amherst 9 AM Lancaster To Akron Falls New Sat. Sundae</p>
<p><b>10</b> Buffalo 9 AM Akron Junction The Fire Plug/Esc. To Attica</p>	<p><b>11</b> Pendleton 9 AM Clarence 6:30 PM E. Aurora 6:30 PM</p>	<p><b>12</b> Tonawanda 9 AM Pendleton 6:30 PM Hamburg 6:30 PM</p>	<p><b>13</b> Orchard Park 9 AM Swormsville 6:30 PM Orch. Park 6:30 PM</p>	<p><b>14</b> Lancaster 9 AM Pendleton 6:30 PM Lancaster 6:30 PM</p>	<p><b>15</b> Clarence 9 AM Amherst 6:30 PM Elma 6:30 PM</p>	<p><b>16</b> Amherst 9 AM Multiple Choice</p>
<p><b>17</b> Buffalo 9 AM Whirlpool Spin The Plank</p>	<p><b>18</b> Pendleton 9 AM Clarence 6:30 PM E. Aurora 6:30 PM</p>	<p><b>19</b> Tonawanda 9 AM Pendleton 6:30 PM Hamburg 6:30 PM</p>	<p><b>20</b> Orchard Park 9 AM Swormsville 6:30 PM Orch. Park 6:30 PM</p>	<p><b>21</b> Lancaster 9 AM Pendleton 6:30 PM Lancaster 6:30 PM</p>	<p><b>22</b> Clarence 9 AM Amherst 6:30 PM Elma 6:30 PM</p>	<p><b>23</b> **Amherst 9 AM Wilson Harbor Breeze To Hill &amp; Back</p>
<p><b>24</b> Buffalo 9 AM Oak Orchard Pat's new O.P. ride</p>	<p><b>25</b> Pendleton 9 AM Clarence 6:30 PM E. Aurora 6:30 PM</p>	<p><b>26</b> Tonawanda 9 AM Pendleton 6:30 PM Hamburg 6:30 PM</p>	<p><b>27</b> Orchard Park 9 AM Swormsville 6:30 PM Orch. Park 6:30 PM</p>	<p><b>28</b> Lancaster 9 AM Pendleton 6:30 PM Lancaster 6:30 PM</p>	<p><b>29</b> Clarence 9 AM Amherst 6:30 PM Elma 6:30 PM</p>	<p><b>30</b> Amherst 9 AM War of 1812 Overlook Hamburg to Lk.Erie</p>

**\*\*On Saturday, June 23 only, the Saturday breakfast ride start will be moved from UB to West Canal Marina, to avoid route overlaps with the Ride for Roswell. Sue Williams will lead a shorter route that includes a breakfast stop, and Tom Williams will lead a longer ride (around 30 mi.) from the same location. The club's Saturday "north" ride on June 23, Wilson Harbor Breeze, leaves from Sanborn, flags in at 34.5 mi., and includes a rest stop at...Wilson Harbor. Lots of choices!**

### 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)

### 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.

### HELP SPREAD SUNSHINE

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski ([tturski@aol.com](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

## Ride Across the Hudson

### NFBC 2012 Hudson Valley Trip June 30 - July 4



Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

NFBC # \_\_\_\_\_

NFBC# \_\_\_\_\_

Email \_\_\_\_\_

Email \_\_\_\_\_

Roommate if on a separate form \_\_\_\_\_

Cost is \$280 for a double or \$524 for a single. The deadline to sign up is May 18. After that date the hotel will release any extra rooms back to the general public. Late registration will be accepted at the same rate based on hotel availability. In the event of an emergency cancellation, any money that can be recovered will be returned per the new trip policy. Our group must confirm on time and maintain a minimum of 10 rooms to keep the quoted rate. **Make the check payable to NFBC and get it to Cindy Stachowski by May 18, 2012:**

5828 Ainslee Ln  
Lake View, NY 14085

Phone 868-7005 or email [csbikesalot@yahoo.com](mailto:csbikesalot@yahoo.com)

This price includes 4 nights at the Holiday Inn Express, 2750 South Road, Poughkeepsie, NY 12601 and Sunday night's group dinner at the Gilded Otter, 3 Main St., New Paltz, NY 12561.

The hotel is a beautiful, 4 star hotel with a pool and nice outside sitting area. Check in time is 3 PM on June 30. Check out is 12 PM on July 4. A continental breakfast is included in a spacious room next to the lobby. These areas would be our places for short meetings or informal gatherings, although we will be sharing with other guests who may be there.

For dinner at the Gilded Otter on Sunday, each attendee will have a choice from a menu of 9 entrees to choose from. A salad, non alcoholic beverage and dessert are part of the meal.

Another suggested dinner outing at your own expense is the Culinary Institute in Hyde Park, NY. This is right down the road from our hotel. Check out their website to get an idea of the menus and prices at <http://www.ciarestaurants.com/featured-home/>.

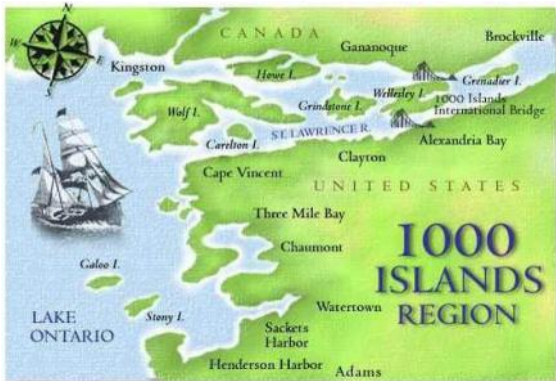
We (Cindy and Brenda) are planning to go to the America's Bounty Restaurant in the CIA on Tuesday evening, July 3rd. Business casual (collared shirt and dress or chino-style slacks) attire is preferred. We can make reservations for tables up to 8 people. Each table will be responsible for their own check. Please contact Cindy if you are interested.

**July 26-29**

# 1000 Islands Club Trip

- A la carte-style club trip
- 2 nights in Clayton, NY
- 1 night in Kingston, ON
- Great rides, great sight-seeing!

Enjoy 4 days of cycling in the beautiful 1000 Islands vacation area at the border of New York and Canada along the St. Lawrence River and the eastern shores of Lake Ontario. The region takes its name from the more than 1000 islands that dot the waterway.



Tom Barone has planned an ideal trip: he reserved blocks of rooms, mapped out the rides, and planned optional meal locations for this a la carte style trip. The trip begins on Thursday, July 26, with a meet-up and ride before reaching Clayton. Then 2 nights in Clayton include a choice of rides through beautiful islands, with amazing sights. On Saturday, July 27 we leave our cars in Clayton and cycle to Kingston Ontario, where we will stay for one night (July 28). On Sunday, July 29 we will ride back to Clayton and our cars, and then head for home.

Tom has already published many trip details on [nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com), including links leading to the ride routes/ cue sheets and accommodations. Contact him for more details, or to get another copy of the trip plan.

STEP #	What you need to do:	How to do it:
1	Make your room reservation for July 26-27 at Bertrand's Motel, 229 James St, Clayton, NY 13624	<b>Bertrand's is now fully booked! Contact Tom for information about other area motels.</b> Call <b>1-315-686-3641</b> to reserve your room for Thursday July 26 and Friday July 27. Be sure to tell them you are with the Niagara Frontier Bicycle Club. Room rate \$75-\$78 per night including taxes DBL occupancy.
2	Make your room reservation for July 28 at Queens University, Leggett Hall, 194 Stuart St., Kingston, ON K7L 5V2	To reserve your room for Saturday July 28, call Lisa Playter at <b>1-613-533-2223</b> . <b>OR</b> you may go to <a href="https://housing.queensu.ca/reservations/">https://housing.queensu.ca/reservations/</a> and select "Niagara Frontier Bicycle Club" from the pull-down menu and go from there. The rate is \$99 plus tax for a 2-bedroom unit (2 rooms with one bathroom)
3	Call or email Tom Barone to let him know you will be going on the trip. He will give you detailed information on routes and meeting plans.	Email: <a href="mailto:Tbarone2@roadrunner.com">Tbarone2@roadrunner.com</a> Phone: <b>240-9926</b>

## Important Information for the Thousand Islands Tour, July 26-29

The response to this year's Thousand Islands Tour Club Trip has been exciting—48 riders have signed up so far. Here are some tips and useful information for preparing for the trip.

- I have arranged for a resident of Clayton, N.Y. to serve as our support vehicle driver (SAG) for the overnight trip to Kingston. To cover the SAG expenses, I will collect \$10 from each of the riders before we depart Clayton on Saturday morning. The SAG driver will transport our bags from Clayton to Kingston and back again the next day. Space is limited, so keep your bag small—a gym bag size.
- We will have a room to change from our riding clothes to our travel clothes upon arrival back in Clayton on Sunday. Unfortunately, there is NO shower use within this room. This cost is included in the SAG expenses.
- A Passport or Enhanced Driver License is required.
- I would also like to suggest that all riders have their bicycle in top maintenance form. These rides over the four days will be in areas that do not have repair-shops anywhere nearby. "Take time to prepare" for this adventure. I would suggest taking a bicycle lock along on this trip.
- There will be an a La Carte breakfast available at Queens University on Sunday. This will be a coffee cart with an attendant in Victoria Hall adjacent to the building our group will be staying in. This coffee cart will have available the following selections: coffee (\$2), juice (\$4), bagels (\$3), assorted pastries (\$2). Or of course you could ride your bike into Kingston and find an open restaurant but be sure you finish breakfast so as to be at

the ferry boat dock by 8:30 a.m. SHARP when we depart.

- This year's trip is unlike trips the club has done in recent years; it is a cycling "tour". Tour cycling is meant to be a relaxed day-long event with many stops for pictures, checking the local sights and overall enjoyment of the cycling experience. We will portage to islands via a ferry boat on several occasions. Saturday's ride to Kingston will be approx. 53 miles and will take several hours to complete.
- There are many choices for dining in Clayton-- <http://www.discoverourtown.com/NY/Clayton/Dining-2483.html>. Right across the street from the motel is a great little family restaurant. The home made pie is worth the drive to Clayton all by itself!-- [http://www.tripadvisor.com/Restaurant\\_Review-g47486-d501466-Reviews-Koffee\\_Kove-Clayton\\_New\\_York.html](http://www.tripadvisor.com/Restaurant_Review-g47486-d501466-Reviews-Koffee_Kove-Clayton_New_York.html)
- We will be walking across the Wellesley Island Bridges on both Friday and Saturday. The walk is lengthy on a narrow walkway. Riding shoes that have RECESSED cleats (cleat level or slightly recessed with sole of shoe) would work fine. However any rider who has true *road* shoes (block clamp type protruding away from sole of shoe) that causes the wearer to walk toe high and heel low, will have difficulty walking the bridges. It is my suggestion for the riders' comfort that they have a cheap pair of "flip flops" or easily folded slippers that can be used and then folded and put inside one of the rear jersey pockets.

**Tom Barone**

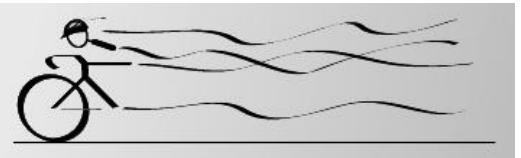
## CanAm 2012: Register and/or Volunteer

August 4-5, NFBC's seventh annual CanAm Invitational, is just around the corner. Now is the time to register to ride or volunteer to help out, or both! Linc Blaisdell and Rebecca Ribis co-chair the CanAm organizing committee, with many returning members. New this year are Sue and Bob Alessi organizing the rest stops, Liz and Darrell Skelton returning to manage food on the day of the event, and Tris Orzech running all aspects of registration. Bert's and Tom's Pro bike shops are excited and involved once again this year.

The CanAm web site is up and running at <http://www.canamride.com/index.html>. You can register online, or mail in a printed form (page 10) with your check.

This year riders will receive commemorative water bottles (rather than t-shirts), allowing for a reduction in the registration fee, to \$40 (before July 7). The

rides include the Saturday Buffalo historical



tour and your choice of 100, 62, or 35-mile routes on Sunday. A Saturday night party, well-stocked rest stops, sag support, and a great picnic lunch on Sunday after the rides are also included.

If you are travelling to other bicycling clubs' events this summer, be sure to contact Terry Turski ([tturski@aol.com](mailto:tturski@aol.com), or 688-8904) so you can take along CanAm promotional materials like posters and brochures. There are still some volunteer jobs to fill, preparing for and during the weekend; contact Linc Blaisdell ([linc43@roadrunner.com](mailto:linc43@roadrunner.com), 479-9431) or Rebecca Ribis ([rebeccachristene@hotmail.com](mailto:rebeccachristene@hotmail.com), 837-0089) to find out more about volunteering. And of course, if you're not working the event, ride it!

## Cross-training Water Workout for Cyclists

**By Cindy Adams,  
Certified Water Exercise Instructor**

Love the water? I do! I'm drawn to the earthly element year round. It doesn't matter if it's the ocean, a lake, an overcrowded municipal pool, or my bathtub -- water summons me to jump in. I love the calm feeling that comes over me when submerged in water. Beside the fun and relaxation, I use the water to exercise and cross train. This form of training works the entire body, and can improve cardiovascular conditioning, muscle strength, endurance, posture, and flexibility, all at the same time. The great thing is that you don't have to be a swimmer to reap the benefits of water exercise.



How is water exercise different from land exercise? For one thing, you are more buoyant in the water, which allows for greater flexibility, increased range of motion, and helps to protect recuperating knees, ankles and hips. The hydrostatic static pressure of the water helps to decrease swelling and fluid build-up in the lower extremities. This pressure also provides a natural body massage. Like biking, water exercise is a low impact exercise and provides resistance without weights. In fact, water provides you with 12 to 14 times more muscle resistance than land exercise. So, all you need to get started is a body of water and a swimsuit -- if you choose to wear one.

You are probably asking yourself: "What does water exercise have to do with biking?" Well...come on, who doesn't enjoy a dip in the pool after a hot, sweaty, mid-July bike ride? However, what you may not know is that refreshing dip could make you a stronger cyclist...I kid you not! Of

course, this will require you to do more than lie on your flotation device while sipping on a frozen margarita and day-dreaming about becoming a better cyclist.

Here are some water exercises to enhance biking abilities:

- Place a water noodle between your legs, and perform a basic recumbent bicycle- reach your legs out with a circular action, and draw heels up towards the gluteal muscles.
- To strengthen the abdominal muscles, cycle in a vertical position with your hands sculling, and then without hand movement.
- Cycle and focus on ankle mobility, flex and point your foot.
- Cycle to wall, plant heels on wall and push off from the wall to work quadriceps
- Single leg cycles work the hamstrings; complete 3-5 sets with 8-25 repetitions.
- With a noodle placed under your arms, lean on one side of the body and cycle, rotate 90 degrees, and then reverse and rotate the opposite direction 90 degrees. (abdominal stability)
- With one foot on the pool bottom, place a noodle under the other foot and skate board with the noodle, swing leg forward and then pull the leg backwards. (hamstrings & quadriceps)

Cardiovascular training can be added to any of the cycling motions by speeding up and slowing down the R.P.M. for a set period of time.

Remember to always warm-up and cool down with water walking (forward & backwards), standing lunges, squats, and stretches.

## Bicycle-Pedestrian GBNRTC Subcommittee Meeting, May 16

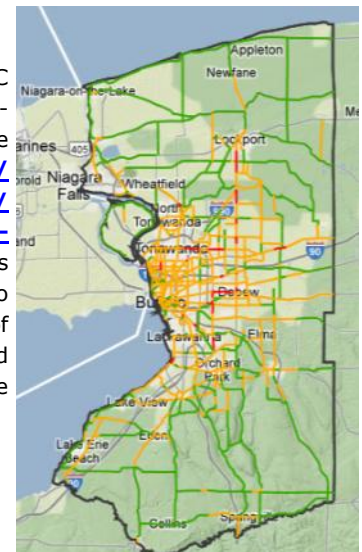
Issues of special interest to bicyclists were discussed at the May 16 meeting of the Bicycle-Pedestrian subcommittee of the Greater Buffalo-Niagara Regional Transportation Council (GBNRTC). GBNRTC is the Metropolitan Planning Organization (MPO) for Erie and Niagara Counties. Many of us know this organization for their free, handy maps that show bicycle-friendly roads in the region, and for their influence on funding bicycle-related transportation projects.

NFBC member Janice Cochran presented her plan to alter the bicycle route between the north and south UB campuses, illustrated by a map created by NFBC member Bob Puleo. Although not acted upon at this meeting, Janice's proposal is now "in the loop", and she intends to continue working through the various agencies which have a say in the project.

Rails to Trails projects in Tonawanda and North Buffalo (Kenmore to LaSalle) promoted by the Greater Buffalo Wellness Institute's Phil Haberstro (among many others) are finally getting funded and moving forward...after 7-8 years

of tireless efforts.

At the meeting, the GBNRTC introduced the new interactive version of their Bicycle Route Guide, at <http://www.gbnrtc.org/index.php/planning/bikeped/route-guide/>. This online version allows one to print individual sections of the map, or customize it and view it as a Google satellite map.





## The bottom line for Ride Cancellations

**By Dennis Powell**  
**VP, Chair of the Ride Committee**

Ride leaders – the club couldn't function without you. If you're running the recurring weekday or weekend rides, I'm sure it sometimes feels like a second job. You need to show up, for one. You need to have cue sheets for the ride you're offering. There are sometimes calls you need to respond to about the ride, mostly from new members, but nonetheless, something to attend to. There are the occasional gripes members might direct at you about your offering's distance, difficulty, road conditions. You try to accommodate, adjust, reason, whatever it takes. It's effort, like work.

Weekend ride leaders have it a little easier. Cue sheets are provided. You only need to show up to one or a few rides and sign people in.

The job, however, isn't handled if you don't show up. Typically, no one shows up for a ride if there's a hard rain going on and the forecast is more of the same. You might elect to say to yourself "why bother". Here's why you should bother:

There were times when I used to lead the Swormville evening ride where it was pouring at my house. When I drove to the ride start, about 7 miles away, it turns out it hadn't rained there. If I had just looked out my window and said "why bother", there would have been many disappointed NFBC members, including myself, for not getting a ride in. To be honest, the converse has also happened, no rain at my house and lots of rain at the ride start. Weather can be very geographically specific. There have also been times when it poured, then cleared up and the sun came out. The ride went off.

What about extreme heat? You may have heard of folks doing marathons or iron man events and collapsing in hot weather. Yes, measures should be taken when it's hot out, but it really shouldn't be considered a safety issue for ride

cancellation. Ride leaders should advise to maybe ease up and be sure to hydrate well on the ride. Heat advisories are mostly for folks with respiratory conditions, like asthma. Those who DO have problems with breathing in hot, humid weather will likely skip riding on those days.

What about wind? Cold? Fog? Safety is somewhat personal. When I talk about riding with other people at work, I'll often hear the comment "out on the road with cars, that's DANGEROUS". Some people wouldn't think of riding after dark, but I participated in events where we were out on the roads day and night. We DID have lights and reflective gear as a requirement. To some, that would be considered dangerous. I actually felt I was given more room by motorists at night than during the day. So who would I, as ride leader, be one to judge what conditions another rider finds comfortable. I should be there to sign in, even if I'm not in agreement with conditions being suitable. If a number of folks gather in the parking lot and dark clouds are forming, with flashes of lightning going off and those dark clouds are heading your way, I suspect common sense will prevail and no one will end up going out (or at least the start will be postponed).

If you're at the ride start, you are certain to know the conditions that exist there. If you're sitting at home in front of your computer contemplating calling off the ride via Yahoogroups email, this is the WRONG thing to do. For one, not everyone is connected, believe it or not. Those who ARE connected are not necessarily checking their Inbox frequently, so may not get the message in time. The NFBC group email should NEVER be considered as an option for a ride cancellation.

Ride leaders need to show up for the ride. If members show up and conditions look iffy, decide as a group to go or not. It's a minor inconvenience in the big scheme of things. As you show up for others, very likely those others will show up for you. That's what makes the NFBC a great club to belong to.

## Fall Election for 2013-2014 NFBC Officers and Board Members

Now is the time to consider taking on a greater responsibility in NFBC governance. At the October 19 fall general meeting, the club membership will elect 4 officers (president, vice president, secretary, and treasurer) and the 5 members of the board of directors for two-year terms, 2013-2014.

President Linc Blaisdell has appointed a Nominating Committee to be chaired by current board member Frank Soltiz. Non-board members Cindy Adams and Karen Ostrum complete the committee. The Nominating Committee is charged with determining the best slate of candidates for the fall election, and will consider current officers and board members who wish to continue in their positions as well as any NFBC members who wish

to be considered.



If you are interested in running for any of the positions, contact Frank (574-6199, [fsoltiz@aol.com](mailto:fsoltiz@aol.com)). According to the NFBC constitution, the officers "perform duties traditionally pertaining to those offices" and the vice president also chairs the Ride Committee. Board members participate in decision-making at board meetings and take on additional tasks for the club.

The Nominating Committee's slate will be announced in the *NFBC Newsletter* in advance of the October meeting, and at the meeting nominations from the floor will also be accepted.



The Niagara Frontier Bicycle Club Presents

## The 2012 CanAm Century Weekend

Saturday, August 4th - Sunday, August 5th

### Count Me In!

Please Please **Please** Print Clearly

#### Rider Registration Form

One form is required for each registrant - Or you can register on line at [www.CanAmRide.com](http://www.CanAmRide.com)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City, State/Prov, Postal Code \_\_\_\_\_ Gender: \_\_\_\_\_

Country of Birth: \_\_\_\_\_ Country of Citizenship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Your Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Contact's Phone: \_\_\_\_\_

Send check payable to NFBC with completed form to:

NFBC - CanAm Registration  
5125 Newton Road  
Orchard Park, NY 14127

After we receive your registration, we will send you a confirmation email.  
Approved bicycle helmets are required. You must sign the waiver below

In consideration of accepting this entry, I hereby, for heirs, my administrators, and myself waive and release any and all of my right and claims for damages I might have against the organization holding this event, The Niagara Frontier Bicycle Club.

Signature (Required): \_\_\_\_\_ (if under 21 parental signature is required)

Registration Cost	
Register Before July 7	\$40
July 8 - July 28	\$50
July 29 to Ride Day	\$65
<i>If space available</i>	

#### Sunday Ride Options

##### I would like to ride:

- 35 Miles - Buffalo, NY, USA
- 62 Miles - Buffalo, Niagara Falls, USA & Canada
- 100 Miles - Buffalo, Niagara Falls, Fort Niagara, USA & Canada

#### Saturday Event Options

No additional fees!

#### Saturday Scenic Graycliff Ride

An NFBC led, 10:00 AM ride from Chestnut Ridge Park south of the city, along a choice of two hilly routes, one 52 miles and the other, 43 miles. Both rides will feature great views and a brief stop at the Graycliff estate, designed by Frank Lloyd Wright.

- I will likely do this scenic ride.

#### Saturday Buffalo Tour Ride

An NFBC-guided, 1:00 PM bike tour ride: a relaxed ride of 25 miles taking in our architectural wonders.

- I will likely do this city tour ride.

#### Saturday Night Reception

The NFBC will be hosting a pre-ride social. Light food & drink served. Ride packets available.

- I will likely attend this reception

We will mail you a Rider's Guide with further details about: all Saturday and Sunday events; ride headquarters and directions; Buffalo attractions and restaurants.

## Niagara Frontier Bicycle Club

### BOARD OF DIRECTORS

#### President

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

#### Vice-President

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

#### Secretary

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

#### Treasurer

Kathy Karnath (688-2968)  
159 Wyeth Drive  
Getzville, NY 14068  
[k\\_karnath@yahoo.com](mailto:k_karnath@yahoo.com)

### Board Members

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

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

Brenda Fischer (984-1415 )  
11 Lake Forest Parkway  
Lancaster, NY 14086  
[brendafischer99@yahoo.com](mailto:brendafischer99@yahoo.com)

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

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

### Membership Chairperson

Roy Tocha  
11 North Eaglecrest Drive  
Hamburg, NY 14075  
[rtocha@yahoo.com](mailto:rtocha@yahoo.com)

### Club Historian

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

### Newsletter Editor

Elaine Rubenstein (633-2133)  
106 Summer Hill Lane  
Williamsville, NY 14221  
[elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

### Newsletter Circulation

Sue and Bob Alessi  
3637 Northcreek Run  
Wheatfield NY 14120  
[salessi1@roadrunner.com](mailto:salessi1@roadrunner.com)



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
<b>TOTAL</b>	\$	\$
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@yahoo.com](mailto:nfbc@yahoo.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.

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

MAILING ADDRESS

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Lancaster, NY 14086  
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