

NFBC NEWSLETTER

Dates to Remember

- Weekday morning rides start at 9:00AM, June through August
- July 10-14, Club trip, Belleville, ON
- August 3-4, CanAm 2013

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June Ride Highlights

The April Trash and Treasure didn't happen, so the highway cleanup and pizza party will instead be added to the **June 1st** ride from Chestnut Ridge Park, the Country Fair Ride. Add this to your plans to help NFBC keep its section of the highway clean.

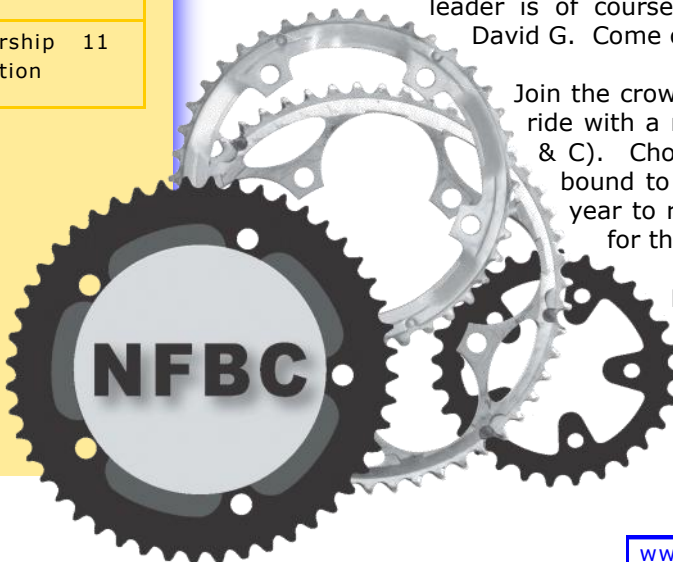


On **June 9**, there is a "central" ride called the New Ride from Westwood. First offered up in 2010, it's not so new anymore, but nonetheless, sits at the top of a list of favorites for its character. The ride starts at Westwood Park in Lancaster and loops through the pretty little village of East Aurora. The roads through Elma, Marilla and more rural parts of Lancaster will delight with scenery that will please the casual riders and with plenty of nice pavement for those who want to really break a sweat. East Aurora will be a nice place to refill water bottles or enjoy a milk shake if you're so inclined. Speaking of inclines, yes, this is not a flat route, but there isn't anything terribly challenging. The long route is 34 miles and the 24-mile option is about as nice. If the weather cooperates, you won't be disappointed. —Dennis

As we get into the summer months it gets more difficult to choose the Southtowns Ride of the Month because all the rides are really great. But there is one that appeals to all - The Eighteen Mile Creek Ride on **Sunday the 9th!** We will leave out of Hamburg and travel the North Branch upwater all the way to the top of Trevett. From there we have maybe the best 10 mile stretch of gentle downhill in WNY - down the South Branch along Wyandale and New Oregon. Then we we cut through Eden Valley past two National Monuments, Robbie's Wagon and the Bradshaw Sycamore. Bring your National Park passport because there is a good chance it might get stamped... Anyhow, down to the lake and backwater upstream the North Branch to our finish. Oh, the ride leader is of course the Most Interesting Man in the World, David G. Come on out! —Pat

Join the crowd on Saturday **June 15** for a classic NFBC ride with a not-so-catchy name (Multiple Choice, A, B, & C). Choose 100, 61, or 31 miles for a ride that's bound to please. It is your second opportunity this year to ride a century with NFBC and good training for the CanAm.

Fort Erie to Niagara Falls offers a simple route with spectacular scenery. Follow the Niagara River North to Niagara Falls, then take in the sights and act like a tourist on Saturday, **June 22**. Choose to start on the U.S. or Canadian side.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

JUNE 2013 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Start Location	Ride Leader
Sat, Jun 01	9:00 AM	361	Bill's Training Ride	30/16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Sue Alessi 684-0853
Sat, Jun 01	9:00 AM	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John King 822-4808
Sun, Jun 02	9:00 AM	739	Millgrove Meander	35	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Liz Skelton 400-6091
Sun, Jun 02	9:00 AM	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt.20) & Three Rod, Alden, NY	Frank Soltz 937-6924
Sat, Jun 08	9:00 AM	362	Clarence to Alden	43/25	Easy	600/300	Clarence High School, Main St. at Gunnville Rd.	Besty Dexheimer 585-343-5172
Sat, Jun 08	9:00 AM	302	New Saturday Sundaye	41/37	Diff/Mod	1500/985	Hamlin Park (south parking lot), S Grove St	Jody Snyder 864-6470
Sun, Jun 09	9:00 AM	382	New Ride from Westwood	34/24	0	0	Westwood Park, 175 Pavement Rd at Erie St., Lancaster	Cindy Adams 816-2902
Sun, Jun 09	9:00 AM	339	Eighteen Mile Creek	44/22	Diff/Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David G 861-8178
Sat, Jun 15	9:00 AM	205	Multiple Choice -A	31	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Margaret Rockwood 361-0146
Sat, Jun 15	9:00 AM	206	Multiple Choice-B	61	MD	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Margaret Rockwood 361-0146
Sat, Jun 15	7:00 AM	207	Multiple Choice-C	100	XD	1700	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Bradshaw Hovey 857-0906
Sun, Jun 16	9:00 AM	98	Lockport Marina	30	Easy	NA	Williamsville N. H.S. (Hopkins & Dodge)	Bob Alessi 694-0853
Sun, Jun 16	9:00 AM	386	The Knot	46/35	XD/ Diff	2900/1800	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Patrick Danaher 310-8136
Sat, Jun 22	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
Sat, Jun 22	9:00 AM	403	New Emery Ride	~30	Mod	reasonable	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 877-2140
Sun, Jun 23	9:00 AM	707	Ransomville Ramble	41/33	Easy	0	Pendleton Center Town Hall, 6570 Campbell Blvd., Pendleton	Sue Alessi 694-0853
Sun, Jun 23	9:00 AM	286	Seven Hills	32	XD	3300	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Dick Swank 992-2404
Sat, Jun 29	9:00 AM	725	Alabama Ramble	50/42	E-Z/Mod	0	Clarence Middle School, Greiner at Strickler	Evalyn Katz 688-0849
Sat, Jun 29	9:00 AM	384	Two Bottles And A Bush	42/23	Diff/Mod	2200/1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 992-4081
Sun, Jun 30	9:00 AM	741	War of 1812 Overlook	43/32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Liz Skelton 400-6091
Sun, Jun 30	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)	Bradshaw Hovey 857-0906

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	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
Tuesday	AM	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Michael Crouch, 693-3956
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & wa-	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., Swormsville (Clarence)	Peg Walker, 741-4616
	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	Karen Sprada, 684-9039
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

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.

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

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.

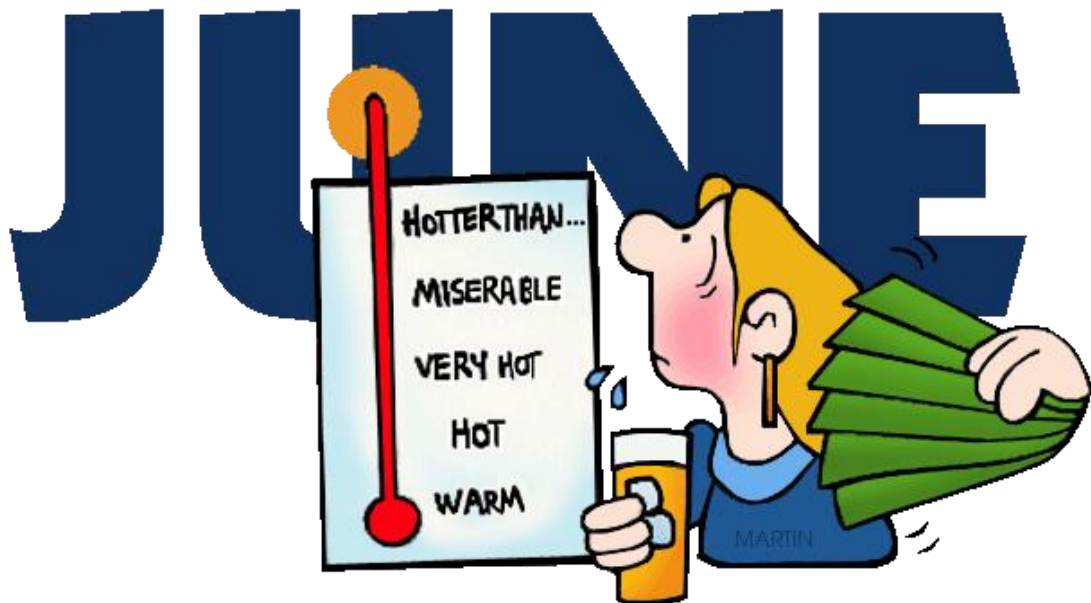
HELP SPREAD SUNSHINE

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

JUNE 2013

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Amherst 9AM Bill's Training Ride Country Fair Ride
2 Buffalo 9AM Millgrove Meander Alden Ctr to N. Java	3 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	4 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	5 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	6 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	7 Clarence 9AM Amherst 6:30PM Elma 6:30PM	8 Amherst 9AM Clarence to Alden New Sat. Sundae
9 Buffalo 9AM New Ride from Westwood 18 Mile Creek	10 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	11 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	12 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	13 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	14 Clarence 9AM Amherst 6:30PM Elma 6:30PM	15 Amherst 9AM Multiple Choice: A,B,C
16 Buffalo 9AM Lockport Marina The Knot	17 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	18 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	19 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	20 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	21 Clarence 9AM Amherst 6:30PM Elma 6:30PM	22 Amherst 9AM Ft. Erie to Niagara Falls New Emery Ride
23 Buffalo 9AM Ransomville Ramble Seven Hills	24 Pendleton 9AM Clarence 6:30PM E.Aurora 6:30PM	25 Tonawanda 9AM Pendleton 6:30PM Hamburg 6:30PM	26 Orchard Park 9AM Swormsville 6:30PM Orch. Park 6:30PM	27 Lancaster 9AM Pendleton 6:30PM Lancaster 6:30PM	28 Clarence 9AM Amherst 6:30PM Elma 6:30PM	29 Amherst 9AM Alabama Ramble 2 Bottles and a Bush
30 Buffalo 9AM War of 1812 Over- look Loose Goose						

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



The Niagara Frontier Bicycle Club Presents

The 2013 CanAm Century Weekend

Saturday, August 3rd - Sunday, August 4th



Count Me In!

Rider Registration Form

One form is required for each registrant - Or you can register on line at www.CanAmRide.com

Please Please Please Print Clearly

Last Name: _____ First Name: _____

Street Address: _____ Date of Birth: _____

Country of Birth: _____ Gender: _____

Home Phone: _____ Country of Citizenship: _____

Your Email Address: _____ Cell Phone: _____

Emergency Contact: _____ NFBC Member Number: _____ (if applicable)

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. The use of aerobars is not allowed. No refunds after July 1, 2013.

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)

To help us plan, check your choices from the options below

Sunday Ride Options

I would like to ride:

- 35 Miles - Buffalo, NY, USA
- 62 Miles - Buffalo, Niagara Falls, USA & Canada **Passport required!**
- 100 Miles - Buffalo, Niagara Falls, Ft Niagara, USA & Canada **Passport required!**

My size for my free tee shirt:

- Small
- Large
- Medium
- X-Large

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 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: a relaxed ride of 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 restaurants.

Registration Cost	Non Member	NFBC Member
Register Before July 6	\$45	\$35
July 7 - July 27	\$55	\$45
July 28 to Ride Day	\$70	\$60

**July
10-14**

Club Trip: Belleville, ON

Cycle Beautiful Prince Edward County

This July, ride the beautiful shorelines and gentle rolling country hills of Prince Edward County with NFBC. Prince Edward County (technically an island) is located in Southern Ontario roughly half-way between Toronto and Kingston on the northern Lake Ontario shoreline. Alex Setlik has designed this "you show, you go" trip to take advantage of the area's 1st rate biking opportunities. He has reserved rooms for NFBC at the Belleville Travelodge and will provide cue sheets for the rides. Shoreline riding along the very irregular coastline provides great views of the Bay, scenic harbors, and marinas. The interior roads offer beautiful countryside riding with opportunities to visit the quaint villages of Bloomfield, Wellington, and Picton with wineries, artisan shops, and fine restaurants throughout the area. We'll also ride through Sandbanks Provincial Park, said to have the largest freshwater sand dunes in the world. We'll use remote starts (10-20 min.) to explore most of Prince Edward County. It's about a 4.5 hour drive to Belleville from Buffalo.



The Rides:

Wed - BAY OF QUINTE: 29 miles, MOD. Kickoff ride is out of Travelodge. Ride over the Bay Bridge to Prince Edward County. Great views. 3:30 start.

Thu - SANDBANKS EXPLORER: 40 or 32 miles, MOD. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Option: SANDBANKS BEACH, 32 miles, MOD. Enjoy the beach after the ride. Start at Sandbanks Provincial Park, \$15 CAD parking fee. 9:30 start.

Fri - WELLINGTON BAY: 49 or 32 miles, MOD. 49 mile ride starts out of Travelodge. Start for 31 miles is at Kente Public School on CR-19, Ameliasburgh (8.5 miles). Start times are 8:30 (49 mi) and 9:00 (32 mi).

Sat - ADOLPHUS REACH: 38 miles, MOD+. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Ride has great views throughout the ride. Rest stop / optional lunch / limited menu / outdoor seating: "County Cider Company" at 25 miles. 9:30 start.

Sun - MOIRA RIVER MEANDER: 30 miles, MOD. Finale ride out of Travelodge. This is a countryside ride North of Belleville. 8:30 start.

Accommodations:

We will be staying at the Travelodge Hotel (previously Ramada Inn) located in Belleville at the Bay Bridge to Prince Edward County. The hotel has a swim through interconnected indoor / outdoor pool with a huge 135 foot corkscrew water slide and sauna. The hotel has the Windows Restaurant & Bar for dining, and in addition, there's a variety of good, reasonably-priced restaurants a short walk from the hotel. Evening entertainment is available a few steps behind the hotel at the Harbor Club Marina.

Sign up now:

1. Rate for 4 nights is: \$440 CAD, plus tax, for non-smoking with 2 queen beds). Call Travelodge (Belleville) **613-968-3411** or **800-420-3555** to book your room. Reference the Niagara Frontier Bicycling Club, and that the rooms were booked thru Central Reservations. Cancellation is 72 hours prior to 4:00 PM, July 10th.
2. Notify Alex that you have booked a room by emailing: alex.setlik@verizon.net. He will reply with the cue sheet package (no maps).
3. If you want maps in addition to cue sheets, try one of these options: Go to www.ridewithgps.com and register. It's free. Search for group "NFBC" and click on AWS to view the maps. A better print option (\$6.00 for 1 month) for the maps/cues is available. Also, files can be written to your Garmin unit if you have one. Maps are also available on MS Streets & Trips that Alex can e-mail to you *if* you have the MS software to open those files.



How to Choose Bike Shorts

By Fred Matheny and Ed Pavelka of
www.RoadBikeRider.com

You should choose road-cycling shorts based on the quality of materials and construction. But also crucial is how well they conform to your unique anatomy. Sometimes a relatively inexpensive pair may work better for you than a high-zoot model.

Shorts, like saddles, are tough to recommend because of differences in butts, crotches, seats and riding positions. Every rider has to try on shorts, buy the model/size that fits snugly but comfortably, then hope for the best on the bike. It's hit or miss, and some luck is involved. Just as with saddles, there is no universal answer.

That said, here are guidelines that'll point you toward better choices.

Price. Generally, the more expensive the shorts, the higher the quality. Avoid cheap shorts because the material and construction may be substandard. They may be sewn from only 4 or 6 pieces ("panels"), which won't give you the best anatomical fit. The padded liner ("chamois") may not be large enough, soft enough or sewn without irritating seams. Cheap shorts aren't as durable, either, so in the long run they really aren't a bargain.

Panels. The more the better. Usually, 8-panel shorts conform to your body better than those made from fewer pieces. Better manufacturers use flat-seam stitching so additional panels won't result in abrasion or other discomforts.

Liner. Crotch liners are synthetic nowadays. A large, smooth, absorbent, one-piece, moderately padded liner has the best chance of feeling comfortable. Liners that have seams, grooves, distinct sections and/or a waffle-like texture may work fine for you -- or maybe not. There's no way of knowing for sure before riding. Beware of thick padding, which can bunch and chafe. Also problematic are gel inserts. Because they're in plastic compartments, moisture transfer can be blocked, causing excessive dampness and skin irritation.



Waist length. Proper cycling shorts are cut high in back to keep skin covered in the bent-over riding position. Likewise, they are low in front so you can bend forward without restriction. The front shouldn't be so low, though, that it's below your hip bones with nothing to help hold it up.

Waist band. The elastic should be wide enough that it doesn't feel like a cord around your middle. Some manufacturers add a drawstring. Just elastic is fine. Just a drawstring is not. If that's the only thing keeping shorts in place, you'll feel restricted in certain positions or when breathing deeply.

Leg grippers. Nothing is more frustrating than shorts that ride up and let material bunch in the crotch. Check the leg grippers to be sure they're wide, made of "sticky" rubber-like material and securely sewn in. The legs should feel comfortably snug, not tight.

Stretch. Most shorts are made of a stretchy fabric generically called spandex. They're easy to pull on and don't feel like you're wearing a 19th century corset. On the other hand, you may come across shorts with fabric that purposely resists stretching. The idea is to provide help to your pedal stroke. The fabric "stores" kinetic energy on the rear part of the stroke and releases it when you push down. This concept is also used in competition suits for weight lifters. I'm not aware of any studies that prove a benefit for cyclists.



Bibs. Shorts with built-in shoulder straps can't sag. They keep the chamois snug against the crotch to limit movement and irritation. For men, this prevents the chance of things moving out of place when pedaling out of the saddle. However, the high front makes it difficult for guys to urinate. (Some prefer to roll up one leg instead of contorting to pull down the front.) Women usually prefer shorts without bibs so they don't have to remove their jersey to take what cycling commentator Phil Liggett calls a "natural break." Bib shorts are more expensive than standard shorts.

Size. It's best to try on shorts before buying them. Sizing varies among manufacturers. Fred is 5-foot-10 and just under 160 pounds, but wears size XL in some shorts while M is too big in others. Some U.S. manufacturers have noticed the "plumping of America" and cut their clothing bigger. It's risky to buy shorts by mail-order unless you're replacing a model and size you've worn before.

Overall fit. In general, snugger is better. You don't want any uncomfortable restriction, but you do want the shorts to stay exactly in place. Remember that properly designed cycling shorts will look a bit baggy in the butt when you're standing in front of the dressing room mirror. Then crouch forward into the riding position and watch them mold to your body.



Welcoming New Members to the NFBC

Joining the NFBC can be a great experience for someone new to club bicycling or new to the area. If prospective or new members prepare for their first rides and get some help and advice from current members, they're more likely to continue riding with us in the long run!

New/Prospective members:

- Before your first ride, check out the NFBC ride schedule and choose a first ride that is likely to be within your comfort range. For example, don't start with a century unless you ride them frequently and easily.
- Get to the ride start location at least 15 minutes before the scheduled start time. Introduce yourself to the ride leader, and sign in as a member or guest.
- Be sure to bring the gear you will need:
 - Bike helmet that is adjusted for you
 - Bike in good working order, with tires properly inflated.
 - Filled water bottle(s)
 - Snack food

- Spare tube, tire irons, and either a pump that attaches to your frame or a CO₂ inflator and cartridge
- ID, emergency contact information, health insurance card
- Weather-appropriate clothing

Current members:

- Don't assume that new riders know all that you know about bike handling skills and group-riding safety. Try to learn about their cycling experience, and then offer appropriate suggestions when needed. Advice offered clearly and politely is more likely to be taken.
- Make sure new riders understand the cue sheet and can follow it, or better yet, try to ride at their pace so they aren't left behind.
- Remember that NFBC offers different rides for different tastes and riding styles. New riders might have cycling or training goals very different from yours, so let them know about other kinds of club rides that could be of interest.



The "dress code" for May rides reflected the wide temperature range we experienced in Western New York.



Roy's Membership Update



By Roy Tocha, NFBC Membership Chairperson

As of the end of May, there are 349 NFBC members in 269 households.



New Ride Leaders: Jack Rimlinger (above, far left) at the Friday Morning North Ride and Karen Sprada (at left, 3rd from left) at the Thursday Morning Central Ride.

Niagara Frontier Bicycle Club

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Reminder: Make a difference with your bike—ride for a good cause!

Support causes you believe in, while enjoying a well-supported group ride. For two of these rides, Tour de Cure and Ride for Roswell, join the NFBC team and enjoy the ride with other club members.

American Diabetes Association.

Tour de Cure

Tour de Cure: June 8, 2013, Niagara Community College

<http://tour.diabetes.org> **JOIN THE NFBC TEAM WHEN YOU REGISTER!**



Ride for Roswell: June 22, 2013, University at Buffalo North Campus, Amherst, NY

<http://www.rideforroswell.org> **JOIN THE NFBC TEAM WHEN YOU REGISTER!**



Bike MS: 2013 Southtowns Shuffle, August 10, 2013, Orchard Park, NY

http://bikenyr.nationalmssociety.org/site/PageNavigator/BIKE_NYR_Landing_Page.html

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@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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