

# NFBC NEWSLETTER

### Dates to Remember

- Morning weekday rides begin at 9:00 in June
- July 2-6, Syracuse club trip
- July 18-20, Mumford club trip
- August 24, Club Picnic

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

## June Ride Highlights

On Saturday, **June 14**, we will offer this year's 2<sup>nd</sup> opportunity to ride a century with NFBC. The classic ride with the not-so-catchy name is Multiple Choice A, B, and C. It usually draws more riders for the shorter 62 and 31 mile routes than the century. All three provide interesting routes.

Well, maybe it's just me but it seems like some people just need to go the wrong way even when they already are. So this Corrigan thing, if nothing else, gives us another post-ride laugh and seems like that is reason enough to keep it going!



That made June's Southtowns Corrigan an easy choice. The New Saturday Sundae Ride out of East Aurora on **June 15** has stood unchanged (like all good rides) since Matt drew it up in Y2K when we didn't even have mileage on the cue. So mileage on the cue is one less excuse for going the wrong way Tim! Either way, good ride, good roads

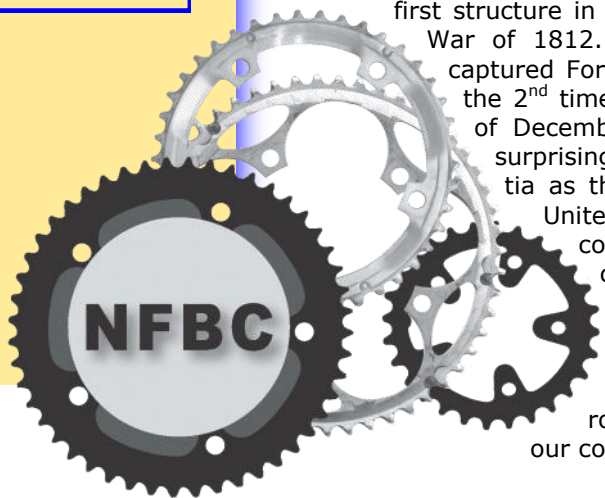
and good times if you come on out to the Sundae Saturday New Ride!

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 21**.

The War of 1812 Overlook ride, on **Saturday June 28**, rolls through the Fort Niagara State Park and gets its name from the role that Old Fort Niagara played in the War of 1812. Originally built by the French, the fort changed hands and form over the years between the building of the first structure in 1678 and the War of 1812. The British captured Fort Niagara for the 2<sup>nd</sup> time on the night of December 19, 1813,



surprising a diminished number of non-professional U.S. militia as they slept. British forces returned the fort to the United States with the Treaty of Ghent in 1814. The ride could just as easily be called the "great parks tour" because the route takes you through or adjacent to at least 8 state or municipal parks in the Lewiston-Wilson-Youngstown area. Whether you notice them all or not, you're bound to relax and enjoy the peaceful countryside, water views, and flat, easy roads in a region that has played an important part in our country's history.





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

## June 2014 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat May 31	10:00	361	Bill's Training Ride	30/16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi 694-0853
Sat May 31	10:00	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzales 649-4998
Sun June 01	9:00	251	Lancaster to Akron Falls	36	Easy	0	Westwood Park, 175 Pavement Rd at Erie St., Lancaster	Karen Sprada 684-9039
Sun June 01	9:00	153	The Wall	62	XXX	4900	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Pat Danaher 310-8136
Sat June 07	9:00	747	Williston Rd	39/30	MD	2000/ 1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Brenda Fischer 984-1415
Sun June 08	9:00	712	Somerset Shoreline Cruise	37	Easy	430	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Elaine Rubenstein 479-5042
Sun June 08	9:00	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Robert Nowinski 490-0752
Sat June 14	9:00	205	Multiple Choice -A	31	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	Elaine Rubenstein 479-5042
Sat June 14	9:00	206	Multiple Choice-B	61	MD	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	Elaine Rubenstein 479-5042
Sat June 14	7:00	207	Multiple Choice-C	100	XD	1700	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo, Amherst	
Sun June 15	9:00	736	Swamp Thing	43/36/ 30	Easy	0	Russel Town Park, Clinton & Main St., Akron	
Sun June 15	9:00	302	New Saturday Sundae	41/37	Diff/ Mod	1500/9 85	Hamlin Park (south parking lot), S Grove St, E. Aurora	Charles Grammer 713-1469
Sat June 21	9:00	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.	Mike deFreitas 833-3606
Sat June 21	9:00	339	Eighteen Mile Creek	44/22	Diff/ Mod	2500/7 50	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Sun June 22	9:00	739	Millgrove Meander	35	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	
Sun June 22	9:00	386	The Knot	46/35	XD/ Diff	2900/1 800	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 310-8136
Sat June 28	9:00	741	War of 1812 Overlook	43/32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Sue Alessi 694-0853
Sat June 28	9:00	403	New Emery Ride	0	0	0	Emery Park, 2084 Emery Rd., South Wales	Jody Snyder 864-5470
Sun June 29	9:00	725	Alabama Ramble	50/42	E-Z/ MOD	0	Clarence Middle School, Greiner at Strickler	
Sun June 29	9:00	358	Holi-Terror	49/38	XXD/ Diff	3200/2 000	Holimont Ski Area Parking Lot, RT219 to Ellicottville, straight at light onto SR 242, L into Holimont	Pat Danaher 310-8136

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

## If there is no ride leader listed, don't panic—volunteer!

If the "Ride Coordinator" is blank for a ride on the schedule on page 2, it doesn't mean the ride will be cancelled, but instead that you can volunteer to coordinate that ride. Vice president Brenda Fischer is using this new way to let members know which rides don't have a ride leader yet. If you can facilitate a ride, contact Brenda ([brendafischer99@yahoo.com](mailto:brendafischer99@yahoo.com) or 984-1415) and if no one else has already volunteered, she will notify you and arrange to get the map packet to you. You can also see the "leaderless" rides on the web site ride schedule.

Ride "coordinators", "facilitators", or "leaders" are one and the same. You don't have to "lead" the riders. Your only real responsibilities are to sign in riders following the club's rules and to return the sign-in sheet to Linc Blaisdell, using the stamped, addressed envelope provided in the map packet. Other things are great, but not required, like checking the route (s) beforehand. If you are aware of any roads or intersections requiring extra caution, it is nice to mention those areas before the ride.

## DAY OF THE WEEK RIDE SCHEDULE

hyDAY	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	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	Jim and Kathy Karnath, 688-2968
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	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	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
<b>Sunday</b>	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

## 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.

# JUNE 2014

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9 AM Buffalo Lancaster to Akron The Wall	<b>2</b> 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>3</b> 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	<b>4</b> 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	<b>5</b> 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>6</b> 9 AM Clarence 6:30 PM Elma	<b>7</b> 9 AM Amherst Williston Rd
<b>8</b> 9 AM Buffalo Somerset Shoreline Country Fair Ride	<b>9</b> 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>10</b> 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	<b>11</b> 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	<b>12</b> 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>13</b> 9 AM Clarence 6:30 PM Elma	<b>14</b> 9 AM Amherst Multiple Choice, ABC
<b>15</b> 9 AM Buffalo Swamp Thing New Sat. Sundae	<b>16</b> 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>17</b> 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	<b>18</b> 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	<b>19</b> 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>20</b> 9 AM Clarence 6:30 PM Elma	<b>21</b> 9 AM Amherst Ft. Erie to Niagara Falls 18 Mile Creek
<b>22</b> 9 AM Buffalo Milgrove Meander The Knot	<b>23</b> 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>24</b> 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	<b>25</b> 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	<b>26</b> 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>27</b> 9 AM Clarence 6:30 PM Elma	<b>28</b> 9 AM Amherst War of 1812 New Emery Ride
<b>29</b> 9 AM Buffalo Alabama Ramble Holi-Terror	<b>30</b> 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora					

## NFBC NEWSLETTER DEADLINE

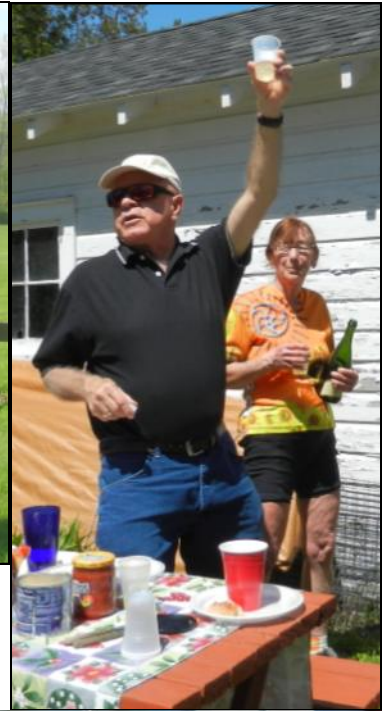
The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send 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!



Above: Some of the riders at the May 18 Flamingo Ride (photo Charles Grammer). Right and Below: The NFBC party season opened with Betsy's Mothers Day Party on May 11.



## Some non-club rides to consider:



Depending on when you read this, it might not be too late to join the The SkyRide. The SkyRide is a bicycle tour of historic locations, new bicycle infrastructure and an incredible, scenic ride over the Buffalo SkyWay highlighting and celebrating the past, present and future of bicycling in Buffalo. This great event will kick off at **10 a.m.** on **Saturday, May 31<sup>st</sup>**. After the ride is a celebration for riders, their families and friends at Canalside. The cost is \$50, with some options to make it less, or more. To register and/or find out more, go to <http://gobikebuffalo.org/skyride/>

### 5th Annual LDA Finger Lakes Cycle Classic Road Race & Tour

**Sunday, June 29, 2014**  
**Hunt Hollow Ski Club**  
**\$40 adult/\$25 Youth 17 and under**

LDA (Learning Disabilities Association of New York State) is a not-for-profit agency helping individuals with learning disabilities, attention deficit disorder, and developmental disabilities in the 10 county Genesee Valley area seek personal success in school, work, and community living via an array of services including: Education, Employment, Residential Services, and Service Coordination.

The "Citizens Road Race" is a 36-miler that offers some challenging climbs and beautiful scenery. It features a controlled rolling start with a pace car and computer chip timing. Prizes are given to top finishers. Tour riders can opt to do the same 36 mile course or a shorter and flatter 22 mile course. All participants can enjoy a lunch after the ride and a free Cycle Classic shirt. To register and/or find out more, go to [http://ldarochester.org/news\\_events/2014\\_cycle\\_classic.php](http://ldarochester.org/news_events/2014_cycle_classic.php)



### Two Fully Supported Bike Tours in New York State

Parks & Trails New York is New York's leading state-wide advocate for parks and trails, dedicated since 1985 to improving our health, economy, and quality of life through the use and enjoyment of green space.

#### Cycling the Erie Canal

*Buffalo to Albany*  
 July 13-20, 2014  
 Weekend options available  
<http://www.ptny.org/canaltour>



Ride across New York State on Cycling the Erie Canal, an 8-day, 400-mile tour from Buffalo to Albany. Jump on a boat through the Lockport Locks, have a night on the town in Syracuse's Armory Square, and camp overnight at a Revolutionary War-era fort. With more than three-quarters of the route off-road on the Erie Canalway Trail, the ride is great for all ages and abilities.

#### Cycling the Hudson Valley

*Hudson to New York City*  
 July 29-August 3, 2014  
<http://www.ptny.org/hudsonstour>



Ride through one of America's most historic river valleys on Cycling the Hudson Valley, a 6-day, 200-mile tour from Hudson to New York City. With a new route for the 10th anniversary, the ride features Kingston's Stockade District and Historic Huguenot Street in the vibrant village of New Paltz, as well as old favorites the Culinary Institute of America, West Point, and the traffic-free Hudson River Trail in New York City.

# Make a difference with your bike-ride for a good cause!



## Ride for Missing Children

Date: Friday, May 30

Start/Finish: ECC North

Fundraising minimum: \$300 (\$250 in some special situations)

Learn more/Register: <http://www.ridemissingchildrenbuffalo.org>

Phone contact: (716)842-6333

The mission of the ride is to remember all missing children, spread awareness of the plight of all missing and exploited children, and raise funds to support prevention education programs, poster distribution, and the mission of NCMEC/NY. All bicyclists ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mph on the 100 or 45-mile ride. There is no fee to ride, but riders are required to raise a minimum of \$300 each.



## Tour de Cure

Date: Saturday, June 7

Start/Finish: Niagara County Community College

Registration Fee: \$15

Fundraising minimum: \$200

Learn more/Register: <http://main.diabetes.org/goto/NFBC>

Phone Contact: (716) 835-0274 x3705

Help fight diabetes with NFBC! The Tour De Cure is sponsored by the American Diabetes Association to support diabetes research, education, and advocacy. You can choose a route from 6 to 100 miles when you raise the minimum \$200 in contributions. When you register to ride in the Tour de Cure, be sure to join the team "NFBC, Niagara Frontier Bicycle Club". Contact team captain Elaine Rubenstein ([elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)) with any questions.



## Ride for Roswell

Date: Saturday, June 28

Start/Finish: University at Buffalo, Amherst campus

Registration Fee: \$20

Fundraising minimum: \$200 (\$350 for the 45 mi. route)

Learn more/Register: <http://rideforroswell.org/>

Phone Contact: (716) 843-7433

The Ride for Roswell supports the Roswell Park Cancer Institute and its core mission to understand, prevent, and cure cancer. Ride routes range from 3 to 104 miles for \$200 in fundraising. A special 45 mi. route is reserved for the best fundraisers. Ride for Roswell draws the largest number of participants of the local charity rides, expecting 8000 riders this year. When you register, join the NFBC Team. Contact team captain Linc Blaisdell ([linc43@roadrunner.com](mailto:linc43@roadrunner.com)) with any questions.



## Bike MS Southtowns Shuffle

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1<sup>st</sup> time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP )

Learn more/Register: [http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr\\_id=23846&pg=entry](http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry)

Phone Contact: (800) 344-4867 x 70332

The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. Rides range from 15 to 100 miles through the beautiful Southtowns of Western New York and to popular Buffalo-centric landmarks. The fundraising minimum is \$250, but there are discounts for 1st time riders and people who ride in two upstate NY rides. Bike MS will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. Don't just ride, Bike MS.

# July 2-6

## Syracuse/Finger Lakes Club Trip

We'll explore the greater Syracuse area and Finger Lakes using the Comfort Inn and Suites in



North Syracuse as our home base in this "you show-you go" NFBC trip. Alex Setlik has chosen rides that are diverse in scenery, distance and terrain—truly something for everyone!

The Comfort Inn & Suites is conveniently located for the remote starts, and it is a quick 4-mile drive to Armory Square in downtown Syracuse, an historic, architecturally interesting area with diverse eateries, boutique shops, and entertainment.



### The Rides

The rides are interesting and varied. Alex plans to give trip updates by email to the yahoo group, and will email pdf files of the maps to trip participants. Also, people can sign up for an abbreviated trip by coming out on Thursday or Friday.

### The Hotel

The Comfort Inn & Suites in North Syracuse is non-smoking and conveniently located for quick express highway drives to the ride starts. Armory Square is only a 4-mile drive from the hotel. It is only a 1.5-mile ride from the hotel to the scenic Onondaga Lake Park, one of America's top ten National Heritage Parks. Continue to loop the lake on trail (total 20 miles). The hotel has a large indoor pool, a hot tub, and fitness facility. A complimentary hot breakfast and internet access are included. There is a restaurant on-site. Directions: Take I-90 exit 36 to I-81 South. Stay in R lane and get off at exit 25 (7th North St.). Turn right on Buckley Rd. Hotel is on left.

### Reservations

Call (315) 457-4000. Mention NFBC Buffalo, Niagara Frontier Bicycle Club. The rooms have two queen beds and are \$95.00 per night plus 13% tax. Notify Alex Setlik at [alex.setlik@verizon.net](mailto:alex.setlik@verizon.net) that you've registered and he'll reply with the ride package (pdf files).





# Batavia/Mumford Club Trip

## July 18-20

*A great trip in our  
own backyard!*



Sometimes the best cycling adventures are close to home. Join Tom Barone on an NFBC touring-style trip along gently rolling country roads highlighted by a visit to the Genesee Country Village and Museum. On the first day we'll cycle from Buffalo to Batavia by way of Akron (lunch at *Mary's Good and Plenty* with time for those who want to see Akron's sights, including the famous Octagon house). Continuing on to Batavia, we'll stay at the Best Western Crown Inn and Suites, where Tom has reserved a block of rooms (\$119 for a room with 2 queen beds, \$129 with 2 king beds). The Best Western offers an indoor pool, hot tub, and fitness center, as well as a complimentary hot breakfast and internet access. Most importantly, the rooms are big enough for our bikes! On Saturday we'll cycle from Batavia to Mumford to enjoy a full visit to the Genesee Country Village and Museum. Focusing on

the 19<sup>th</sup> century, this local gem is a must for anyone with an interest in our nation's early history. The highlight of our trip will be a civil war reenactment, complete with battles and live cannon fire! (<http://www.gcv.org/EventCalendar/EventDetails.aspx?eid=17>) Saturday night back in Batavia features a group dinner option at *Alex's*, a lively, sprawling restaurant with a diverse menu. On Sunday we cycle back to Buffalo.



**Sign up now! Call the the Batavia Best Western at 585-344-8882 to make your reservation; be sure to mention NFBC & Tom Barone, to get a room reserved at a group rate. The trip will leave from UB North Campus where permits will be provided for safe vehicle parking during the trip. Remember, this trip is *a la carte* style with lots of flexibility built in. Contact Tom Barone ([tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com)) to let him know you have registered, or with questions.**

## Three tips for better pedaling

**1. Pedal with flat feet:** Some people think of keeping their heels down, and some point their toes towards the sky. A couple of analogies we use are to picture the linkage on an old steam engine and visualize your foot as the linkage come up and staying flat throughout the revolution of the wheels. The other is to picture an equestrian rider, riding a horse with heels down, while toes are in the stirrups. Toes down is a no, no in my book, and you'll see why in the next two tips, as they all go together.

**2. Get on the pedals early:** This means you start pushing forward on the pedals before they reach the top of the arc or 12 o'clock. With your feet flat to slightly toed up/heel down you'll be able to increase your power band from two to three hours if you look at the face of a clock. With left foot, start

pushing at 10 o'clock instead of one o'clock. With toes down it is very difficult to start pushing before the pedals reach 12 o'clock.

**3. Focus on the push phase of the pedal revolution as it is where you produce the most power:** I read articles all the time and hear from people that they focus on getting through the dead spot, as if scraping mud off the bottom of their shoes. They spend so much time pulling up and focusing on the weak part of the stroke they forget to push on the pedals.

As blogged by Scott Kasin at <http://www.outsideonline.com/blog/outdoor-adventure/celebrities/the-top-11-cycling-technique-tips.html>



phillipmartin.info

## Niagara Frontier Bicycle Club

### Board of Directors

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**RENEW YOUR NFBC MEMBERSHIP NOW!** Application on page 11, or at [nfbc.com](http://nfbc.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@yahoogroups.com](mailto: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  
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Wheatfield NY 14120

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