

NFBC NEWSLETTER

Dates to Remember

- June 9, last day to book room for club trip.
- June 13 Multiple Choice Century/Metric/Short

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www.nfbc.com

July 9-13

Waterloo/Seneca Falls Club Trip

There is still time to book your room at the Waterloo Holiday Inn for the last club trip prepared by Alex Setlik. Cindy Adams has been working hard to make this a pleasant and memorable trip. Contact Cindy at (cynthia12@roadrunner.com) if you plan on attending or if you have questions about the trip.

The Hotel

A block of rooms have been reserved at the Holiday Inn (315-539-5011) in Waterloo, N.Y. for July 9-13. The deadline to make room reservations at the special rate of \$125 per night, plus 11% tax, is 6/9/15. Rooms include refrigerator and microwave, with a 24 hour cancellation policy. Give the code of NFB when making your reservation.

The Rides

Sodus Point/Chimney Bluff (31 miles M-D, 1290 ft.; several rolling hills, few with short steep inclines): This ride includes a view of a dramatic rock formation that towers over Lake Ontario at this park with scenic woodland and beach trails. Ride begins at Sodus Point Beach Park, at 10:00 a.m. (2 hrs. drive from Buffalo).

Seneca-Cayuga Shores (48 mi, M-D, 1415 ft.): Ride the shores of Seneca Lake through Sampson State Park and return along the shores of Cayuga Lake. A shorter option is **Cayuga Wine Trail** (30 miles Mod, 700 ft.). Several wineries are on route for both rides including a rest stop at Knapp Winery & Restaurant. Rides start at 9:00 a.m. out of Holiday Inn.

Union Springs-Aurora (37 miles M-D, 1225 ft.; level stretches with several rolling hills). Start at Union Springs Central School on SR-90 (16 miles) at 9:00 a.m. Ride the scenic NYS byway route 90 through Aurora (home of Wells College), and Long Point State Park. Ride also goes by Long Point Winery and King Ferry Winery.

Town & Country Tour (38/30 miles Mod, 1100/940 ft.; gently rolling hills). Start at 400 West North Rd. School in Geneva (10 miles) at 9:00 a.m. Enjoy the beautiful farm landscapes of Ontario County. Ride also goes down S. Main St. in Geneva, called "the most beautiful old Colonial thoroughfare outside New England".

Montezuma Wildlife Refuge (32 miles Mod 825 ft.; level stretches and low hills). Ride starts out of Holiday Inn.



June 2015 WEEKEND RIDE SCHEDULE

| DATE | TIME | RIDE # | RIDE NAME | MILES | RATING | Elev. | START LOCATION | RIDE LEADER |
|-------------|--------|--------|------------------------------|--------------|----------|-------------|--|--------------------------|
| Sat, Jun 06 | 9:00AM | 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 994-1415 |
| Sat, Jun 06 | 9:00AM | 406 | Como Park Short Picnic Rides | 0 | 0 | 0 | Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster | Brenda Fischer 994-1415 |
| Sun, Jun 07 | 9:00AM | 256 | Silver Springs Switchback | 68 / 31 | XXX/MD | 4900 / 2000 | Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales | Pat Danaher 310-8136 |
| Sun, Jun 07 | 9:00AM | 389 | Erie Canal Double Cross | 40/25 | Mod | 0 | West Canal Park, Tonawanda Creek N @ Town Line, Pendleton | Brenda Fischer 994-1415 |
| Sat, Jun 13 | 9:00AM | 205 | Multiple Choice -A | 31 | Easy | 0 | Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo | Brenda Fischer 994-1415 |
| Sat, Jun 13 | 9:00AM | 206 | Multiple Choice-B | 61 | MD | 0 | Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo | Brenda Fischer 994-1415 |
| Sat, Jun 13 | 7:00AM | 207 | Multiple Choice-C | 100 | XD | 1700 | Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo | Brenda Fischer 994-1415 |
| Sun, Jun 14 | 9:00AM | 736 | Swamp Thing | 43 / 36 / 30 | Easy | 0 | Russel Town Park, Clinton & Main St., Akron | Brenda Fischer 994-1415 |
| Sun, Jun 14 | 9:00AM | 302 | New Saturday Sundae | 41 / 37 | Diff/Mod | 1500/985 | Hamlin Park (south parking lot), S Grove St | Rob Nowinski 490-0752 |
| Sat, Jun 20 | 9:00AM | 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. | Brenda Fischer 994-1415 |
| Sat, Jun 20 | 9:00AM | 339 | Eighteen Mile Creek | 44 / 22 | Diff/Mod | 2500/750 | Parking Lot behind fire hall across from 44 Long Ave, Hamburg | Charles Grammer 886-4513 |
| Sun, Jun 21 | 9:00AM | 403 | Ride for the Ell of It | 46 / 28 | Diff/MD | 2700/1500 | Emery Park, 2084 Emery Rd., South Wales | Ron Wakefield 877-2140 |
| Sun, Jun 21 | 9:00AM | 412 | Bizzaro Millgrove | 34 | Easy | 0 | Clarence Middle School, Greiner at Strickler | Brenda Fischer 994-1415 |
| Sat, Jun 27 | 9:00AM | 757 | Fox Valley | 46 / 35 | Easy | 0 | Westwood Park, Pavement and Erie St., Lancaster | Brenda Fischer 994-1415 |
| Sun, Jun 28 | 9:00AM | 386 | The Knot | 46/35 | XD/Diff | 2900/1800 | Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park | Loren Danaher 310-8136 |
| Sun, Jun 28 | 9:00AM | 725 | Alabama Ramble | 50/ 42 | E-Z/MOD | 0 | Clarence Middle School, Greiner at Strickler | Brenda Fischer 994-1415 |
| Sat, Jul 04 | 9:00AM | 741 | War of 1812 Overlook | 43/ 32 | Easy | 0 | Academy Park, Center & S. 9th St. Lewiston, next to Tops | Brenda Fischer 994-1415 |
| Sat, Jul 04 | 9:00AM | 341 | Hamburg to Collins | 41 / 21 | Mod | 1800/750 | Parking Lot behind fire hall across from 44 Long Ave, Hamburg | Carl Mach 685-0832 |

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



REMINDER

Beginning June 1, Weekday Morning Rides start at 9:00.

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 | Joe Pizzuto 982-4142 |
| | 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 |
| Wednesday | AM | Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park | Marty Payne, 997-9324 |
| | PM | St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence) | Peg Walker, 741-4616 |
| | 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 | 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 |
| Friday | 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 |
| Saturday | AM | Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst | Marion Reslow, 833-3615 Bob Silkes 688-6246 |
| 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. |

Welcome New Members

Bob & Toni Cook
 Clare Wagstaff
 Connie Herr
 Craig Hickey
 Elona & Thomas Whitmore
 John and Vicky Dixon
 Kim Crotty

Leonard Thornton
 Lisa Tierney & Melanie Hall
 Stephen P Fitzmaurice
 Susan Pernick
 Thomas Turk
 William Cleary



JUNE 2015

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|--|--|
| 31 9 AM Buffalo Lancaster to Akron Two Bottles & Bush | 1 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora | 2 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg | 3 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk. | 4 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster | 5 9 AM Clarence 6:30 PM Elma | 6 9 AM Amherst Williston Rd/ Como Park Short Rides |
| 7 9 AM Buffalo Erie Canal Dbl X Silver Springs Switchback | 8 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora | 9 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg | 10 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk. | 11 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster | 12 9 AM Clarence 6:30 PM Elma | 13 9 AM Amherst Multiple Choice, ABC |
| 14 9 AM Buffalo Swamp Thing New Sat. Sundae | 15 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora | 16 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg | 17 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk. | 18 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster | 19 9 AM Clarence 6:30 PM Elma | 20 9 AM Amherst Ft. Erie to Niagara Falls 18 Mile Creek |
| 21 9 AM Buffalo Bizarro Milgrove Ride for the Ell of It | 22 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora | 23 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg | 24 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk. | 25 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster | 26 9 AM Clarence 6:30 PM Elma | 27 9 AM Amherst Fox Valley |
| 28 9 AM Buffalo Alabama Ramble The Knot | 29 9 AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora | 30 9 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg | 1 9 AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk. | 2 9 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster | 3 9 AM Clarence 6:30 PM Elma | 4 9 AM Amherst War of 1812 Hamburg to Collins |

The recurring day-of-the-week rides are indicated in italics.
Weekend Rides (schedule on page 2) start at 11AM this month.

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 powell.dennis.j@gmail.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!

Support the Local Bike Shops that support your NFBC



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Williamsville, NY 14221
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Fax: 716-633-1139


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Henrietta, NY 14623
Phone: 585-424-2777
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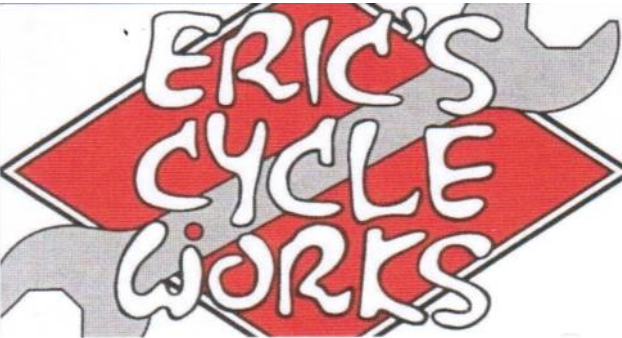
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Let the Ride Decide

Editor's Spin

Newsletter circulation, which involves preparing the paper copies of the newsletter for mailing and getting them to the post office, will be handled, starting with this issue, by Brigitte Soltiz. Brigitte is a very good runner but gets some cross training pedaling in the stoker position of her and Frank's tandem on many club rides. Newsletter circulation duties have been fulfilled by Bob and Sue Alessi for a number of years. I'd like to extend a big **THANK YOU** to Bob and Sue for doing work that can only be described as a tedious chore for the many years they did this. I'd like to also thank Brigitte for being willing to pick this task up from here. There were a few others who responded for my request for a volunteer but they were concerned about the effort required. They may be able to back up Brigitte for this job.

One of the ride leaders wanted me to mention that membership renewals should **NOT** be passed to any ride leaders. Ride leaders have no special means of processing renewals. Ride leader duties are to get you signed in for the rides. Weekday ride leaders also prepare routes for the weekly rides. They should not be burdened with a side task of getting your membership renewal to Roy. Please either mail the filled in form (next page) with a check to Roy or use nfbcc.com with a credit card for membership renewals.

Lastly, thank you for your patience as I get used to putting the Newsletter together every month. I have it on good authority (former Newsletter editor) that it DOES get easier with experience. This should translate into a better result, so hang in there.

Niagara Frontier Bicycle Club

Board of Directors

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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 not 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 |
| 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.
 - "Holes": 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.

June 2015

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

