

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

June 2016

We ride every day!

Volume 47, Issue 5

Dates to Remember

- June 4 - Tour de Cure
- June 18 -Century Challenge
- June 21 - Last day for Club Trip Hotel discount
- June 25 - Ride for Roswell

Inside this Issue

Schedule 2-4

Featured Rides 6

www.nfbc.com

CLUB TRIP 2016

LAST CHANCE!

The NFBC July 21-25, 2016 Horseheads/Corning trip is quickly approaching! The deadline to book your Horseheads, NY Hampton Inn hotel rooms at the discounted rate is June 21st. Be sure to mention you are part of the NFBC group when making your reservations at (607)795-3333.

Contact Cindy Adams at cynthia12@roadrunner.com to receive your trip information packet.

The following are the scheduled Horseheads/Corning trip rides:

Thursday, July 21 st	Buff Hampton Out & Back (leave from hotel)	26.1 miles	767 elevation
Friday, July 22 nd	Sagetown Hendy (Elmira)	31 miles	932 elevation
	Sagetown Long (Elmira)	39 miles	2140 elevation
Saturday, July 23 rd	Big Flats (Corning)	29 miles	659 elevation
	Corning-Caton-Painted Post	29.7 miles	1641 elevation
Sunday, July 24 th	Watkins Glen (leave from hotel)	36 miles	1665 elevation
	Watkins Glen Long	41.3 miles	1780 elevation
Monday, July 25 th	Letchworth Circle (heading home)	38 miles	2075 elevation
	Letchworth Short	23 miles	1346 elevation

Elections 2016

Do you want to really know what makes the club tick? Do you have some organizational or leadership skills that you think may be of value in our bike club? Do you just want to help out the bike club in any way you can? Terms are expiring at the end of this year, with some officers/ board members choosing to step down. If you have any interest in these positions, contact Ian Currie, chair of the nominating committee, contact info at end of this newsletter.

From the club's constitution:

Article IV – Board of Directors and Officers

1. The officers of the club will be president, vice president, secretary, and treasurer; they will perform the duties traditionally pertaining to those offices.
2. The vice president will, in addition, serve as chairperson of the ride committee.
3. The term of office will be two years.
4. The Board of Directors will consist of: the four club officers, five elected club members, as well as the monthly newsletter editor and the membership chairperson.
5. The elected members of the Board of Directors will fill the positions of monthly newsletter editor and membership chairperson through appointment.
6. If an officer or board member cannot serve for the full term, the Board of Directors may designate a member to fill the position for the remainder of that term.



June 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Jun 4	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	Margaret Rockwood 361-0146
Sat, Jun 4	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	Don Crane 901-1619
Sun, Jun 5	9:00AM	389	Erie Canal Double Cross	40/25	Mod	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Jack Rimlinger 741-8512
Sun, Jun 5	9:00AM	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, Jun 11	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.	Joe Pizzuto 835-6112
Sat, Jun 11	9:00AM	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Vicky Perry 445-5861
Sun, Jun 12	9:00AM	736	Swamp Thing	43 / 36 / 30	Easy	0	Russel Town Park, Clinton & Main St., Akron	Betsy Dexheimer 585-343-5172
Sun, Jun 12	9:00AM	339	Eighteen Mile Creek	44 / 22	Diff/Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Tim Cleary 807-7174
Sat, Jun 18	9:00AM	201	41 Mile Challenge	41	Easy	500	Clarence Middle School, Greiner at Strickler	Jack Rimlinger 741-8512
Sat, Jun 18	9:00AM	202	Metric Century Challenge	63	Mod	900	Clarence Middle School, Greiner at Strickler	Jack Rimlinger 741-8512
Sat, Jun 18	7:00AM	203	Century Challenge	102	XD	2300	Clarence Middle School, Greiner at Strickler	Richard Amantia 983-8941
Sun, Jun 19	9:00AM	412	Bizzaro Millgrove	34	Easy	0	Clarence Middle School, Greiner at Strickler	Elaine Rubenstein 633-2133
Sun, Jun 19	9:00AM	748	Bloody Run	44 / 36	MD/Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Carl Mach 685-0832
Sat, Jun 25	9:00AM	757	Fox Valley	46 / 35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Don Crane 901-1619
Sun, Jun 26	9:00AM	725	Alabama Ramble	50/ 42	E-Z/MOD	0	Clarence Middle School, Greiner at Strickler	Cynthia Adams 308-0774
Sun, Jun 26	9:00AM	386	The Knot	46/35	XD/Diff	2900/1800	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600
Sat, Jul 2	9:00AM	403	Ride for the Ell of It	46 / 28	Diff/MD	2700/1500	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 983-4290
Sat, Jul 2	9:00AM	741	War of 1812 Overlook	43/ 32	Easy	0	Academy Park, Center & S. 9th St. Lewiston, next to Tops	Betsy Dexheimer 585-343-5172
Sun, Jul 3	9:00AM	341	Hamburg to Collins	41 / 21	Mod	1800/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Sun, Jul 3	9:00AM	724	Pleasant Country Picnic Ride	46 / 36 / 33 / 26	Easy	0	Clarence Town Park, Goodrich Rd.	Jack Rimlinger 741-8512
Mon, Jul 4	9:00AM	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	RIDE LEADER NEEDED
Mon, Jul 4	10:00AM	292	Frog Valley (The Sunset Bay Ride)	45 / 35	XD - D	0	Burger King Lot Off I-90 Exit 58, Silver Creek	Pat Danaher 310-8136

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult
 XXX = 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	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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Carlos Torres (temp) 207-9968
	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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.

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk</i>	2 <i>10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster</i>	3 <i>10 AM Clarence 6:30 PM Elma</i>	4 <i>9 AM Amherst Como Pk. Rides Williston Rd</i>
5 <i>9AM Buffalo Erie Canal Dbl Cross The Wall</i>	6 <i>10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora</i>	7 <i>10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg</i>	8 <i>10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk</i>	9 <i>10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster</i>	10 <i>10 AM Clarence 6:30 PM Elma</i>	11 <i>9 AM Amherst Ft. Erie to Ni Falls Country Fair Ride</i>
12 <i>9AM Buffalo Swamp Thing Eighteen Mile Creek</i>	13 <i>10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora</i>	14 <i>10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg</i>	15 <i>10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk</i>	16 <i>10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster</i>	17 <i>10 AM Clarence 6:30 PM Elma</i>	18 <i>9 AM Amherst Century ChallengeMetric/41</i>
19 <i>9AM Buffalo Bizzaro Millgrove Bloody Run</i>	20 <i>10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora</i>	21 <i>10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg</i>	22 <i>10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk</i>	23 <i>10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster</i>	24 <i>10 AM Clarence 6:30 PM Elma</i>	25 <i>9 AM Amherst Fox Valley</i>
26 <i>9AM Buffalo Alabama Ramble The Knot</i>	27 <i>10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora</i>	28 <i>10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg</i>	29 <i>10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk</i>	30 <i>10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster</i>		

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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



Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453

tlonzi@tomsprobike.com



Bert's
Bikes & Fitness
Bertsbikes.com

*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training
jjansen@bertsbikes.com

Main Office: 4050 Southwestern Blvd.
Orchard Park, NY 14127
Phone: 716-646-0026
Fax: 716-646-3828

Tonawanda: 1550 Niagara Falls Blvd.
Tonawanda, NY 14150
Phone: 716-837-4882
Fax: 716-837-1307

Williamsville: 7510 Transit Rd.
Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1139

Henrietta: 100 Jay Scutti Blvd.
Henrietta, NY 14623
Phone: 585-424-2777
Fax: 585-424-7492



716-835-0334

685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223
(Corner of Englewood & Starin)

E-Mail: contact@handlebarscycleco.com
Website: handlebarscycleco.com

SALES & SERVICE

Cycles Plus

Repairs All Makes & Models • Bicycles & Related Parts

9059 Main St.
Clarence, NY 14031
(716) 626-1419

Michael & Heather Trost

www.cyclesplusonline.com

Rides for June of Special Interest

On Saturday, June 4, Como Park will be the start location for 'north' and 'south' type rides. The 'north' rides will feature some of the less challenging rides used for our annual picnic at the park, generally shorter and with less climbing. The 'south' ride will be Williston Rd., two distances to choose from, hillier than the picnic rides but far from being difficult for most folks. After the ride, consider taking in some refreshing beverages of your choice with friends from the 'other side'.

Sunday, June 5, The Wall returns to the schedule in all its glory. The name and 62 miles says it all.

Saturday, June 11 features Fort Erie to Niagara Falls. You'll need your passport or enhanced license for the border crossing. It's hard to beat the parkway along the Niagara Gorge for a scenic roll.

On June 18, there's the Century Challenge. It starts in Clarence and heads east and a little north out to Holley. Eagle Harbor is particularly scenic along this route. The Metric Challenge heads northeast to Shelby and Medina, returning via Pembroke. The 41 mile challenge goes as far as Tonawanda Wildlife Management Area and Alabama before returning.

The rides for June not mentioned above should not be considered lesser rides than those featured. All have their highlights and can become a personal favorite, so make sure to get out there and give them a whirl.

Niagara Frontier Bicycle Club

Board of Directors

President

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

Vice-President

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

Secretary

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

Treasurer

Joseph Pizzuto (982-4142)
147 Frontenac Ave.
Buffalo, NY 14216
jpizz147@yahoo.com

Board Members

Cindy Adams (308-0774)
55 Rehm Rd.
Lancaster, NY 14086
cynthia12@roadrunner.com

Ian Currie (601-7390)

162 Nichter Road
Lancaster, NY 14086
Ian63@roadrunner.com

Dennis Powell (691-6233)
95 Briar Hill Rd
Orchard Park, NY 14127
powell.dennis.j@gmail.com

Jack Rimlinger (741-8512)
70 Blacksmith Dr.
E. Amherst, NY 14051
jackrim49er@gmail.com

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

Membership Chairperson

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

Newsletter Editor

Dennis Powell (691-6233)
95 Briar Hill Rd
Orchard Park, NY 14127
powell.dennis.j@gmail.com

Bicycling Advocate

Janice Cochran (837-0402)
19 Carmen Rd.
Amherst, NY 14226
jcochran@buffalo.edu

Club Historian

Jim Vozga (462-0200)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

Newsletter Circulation

Brigitte Soltiz
bsoltiz@gmail.com

Webmaster

Ron Penton
webmaster@nfbc.com

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	Email	Newsletters	Postal Newsletters
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:

1. 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.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. 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.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. 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.

June 2016

NFBC—We ride every day

Niagara Frontier Bicycle Club
P.O. Box 211
Buffalo, New York 14226-0211

