

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

June 2017

We ride every day!

Volume 48, Issue 5

Dates to Remember

- June 17 - Century Ride from Clarence
- June 21 - Summer Solstice

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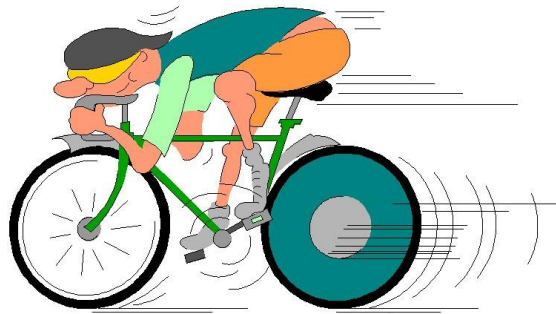
www.nfbc.com

Welcome New Members

New members - I don't have a list of names, but I'm aware there are quite a number of new NFBC members this year. To all of you, **WELCOME** to the club. We hope you're finding rides that suit your particular riding style. If you are making it to some of the recurring weekday rides, make sure to sample different ride start locations for different scenery and ride character (as well as getting introduced to different riding characters, which we have a wide variety of). There will be plenty of weekend rides that will allow you to roll down some great WNY roads that you may have not have even known existed. You may also find that roads you've driven down many times look quite different from the seat of a bicycle.

There's nothing like summer in WNY and no better way of enjoying it than getting out on your bicycle. Hope to see you out there.

As of May 2, there are 334 individual NFBC members. Member number 3213 is the highest member number on that May 2 list.



Help Wanted - Newsletter Editor

If you have a creative bent, have a nose for news, like to turn a phrase or just might be good at finding copyright-exempt bicycling articles to cut-and-paste into the NFBC newsletter, this job may be for you. The editorship of the NFBC newsletter is up for grabs.

The current newsletter is rendered in Microsoft Publisher. Working knowledge of this program or similar (it's just Microsoft Word on steroids) would be helpful.

As a bonus, you get to be a member of the Board of Directors with this position.

Contact editor@nfbc.com if interested.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

June 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Jun 03	9:00 AM	406	Como Park Flat Rides	48/35/ 22/17	0	1100/ 700/ 410/ 300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Don Crane 901-1619
Sat, Jun 03	9:00 AM	747	Williston Rd	39 / 30	Mod	2000/1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	David Dunkle 683-2593
Sun, Jun 04	9:00 AM	389	Erie Canal Double Cross	40 / 25	Mod	877/306	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	
Sun, Jun 04	9:00 AM	256	Silver Springs Switchback	68 / 31	XXD / Mod	4900 / 2000	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Bradshaw Hovey 857-0906
Sat, Jun 10	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.	Mike de Freitas 860-2919
Sat, Jun 10	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 11	9:00 AM	736	Swamp Thing	43 / 36 / 28	Easy	0	Russel Town Park, Clinton & Main St., Akron	Marty Viggato 570-5896
Sun, Jun 11	9:00 AM	339	Eighteen Mile Creek	44 / 22	Dif / Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Michael Mieney 566-8909
Sat, Jun 17	9:00 AM	201	41 Mile Challenge	41	Easy	500	Clarence Middle School, Greiner at Strickler	Karen Sprada 684-9039
Sat, Jun 17	9:00 AM	202	Metric Century Challenge	63	Mod	900	Clarence Middle School, Greiner at Strickler	Karen Sprada 684-9039
Sat, Jun 17	8:00 AM	203	Century Challenge	102	XD	2300	Clarence Middle School, Greiner at Strickler	
Sun, Jun 18	9:00 AM	412	Bizarro Millgrove	35	Easy	600	Clarence Middle School, Greiner at Strickler	Marty Viggato 570-5896
Sun, Jun 18	9:00 AM	748	Bloody Run	44 / 36	Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Carl Mach 685-0832
Sat, Jun 24	9:00 AM	757	Fox Valley	46 / 35	Easy	0	Westwood Park, Pavement and Erie St., Lancaster	Karen Sprada 684-9039
Sun, Jun 25	9:00 AM	725	Alabama Ramble	50 / 42	Easy	0	Clarence Middle School, Greiner at Strickler	Tim Cleary 807-7174
Sun, Jun 25	9:00 AM	386	The Knot	46 / 35	XD / Dif	2900/1800	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600

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	Bob Alessi, 694-0853
	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, 860-9039
	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., Swormville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	Brad Chase 632-5636
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.



New York State currently has a general 'safe distance' passing requirement for motorist to pass cyclists on the road. Most states put a safe distance number to the requirement, like 4 feet, 3 feet or 2 feet. The New York Bicycle Coalition, a bicycling advocacy group, is pushing for a 3 foot minimum law for cars overtaking cyclists in NY State. You can sign an electronic petition here:

<https://campaigns.transalt.org/petition/ny-cyclists-need-3ft-passing-distance>



Go-Bike Buffalo is once again offering the CanAm Ride cycling weekend on August 4-6. The main event is the 100, 62, 35 mile rides on Sunday. However, on Friday, there will be a 'Brewery Ride' in conjunction with the NFBC. On Saturday, the NFBC will run the Graycliff Ride out of Chestnut Ridge Park with an open invitation to all CanAm Ride registrants. Saturday will also feature a Buffalo History tour by bike at 1pm. All the details are at:

<http://www.canamride.com>

Note that NFBC members can get a \$10 discount on registration for this event by providing the code **2017NFBC10** in the box "Enter Promotion Code" when you register.

The ride benefits GoBike Buffalo's bicycling advocacy efforts and PUCCS, which is the Program for the Understanding of Childhood Concussions.

The CanAm Sunday rides are considered to be NFBC rides and count towards NFBC annual mileage statistics.



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



Main Office: 4050 Southwestern Blvd.
Orchard Park, NY 14127
Phone: 716-646-0028
Fax: 716-646-3629

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: 585-424-7482

Bertsbikes.com
*Bicycles & Fitness
Sales & Service*
John Jansen
Director of Training
jjansen@bertsbikes.com



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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 editor@nfbc.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 Rob Nowinski, president. NFBC cares about its people!

Niagara Frontier Bicycle Club

Board of Directors

President

Robert Nowinski (490-0752)
33 Seneca Parkside
Buffalo, NY 14210
president@nfbc.com

Vice-President

Brenda Fischer (984-1415)
11 Lake Forest Parkway
Lancaster, NY 14086
vice-president@nfbc.com

Secretary

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

Treasurer

Kathy Karnath (688-2968)
159 Wyeth Dr.
Getzville, NY 14068
treasurer@nfbc.com

Board Members

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

Jennifer Adolf (479-2578)
32 Carter St.
Lancaster, NY 14086
jadolff23@gmail.com

Michelle Bates (901-6240)
278 Patrice Terrace
Williamsville, NY 14221
mlbb2323@gmail.com

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

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

Membership Chairperson

Michele Smith (479-0841)
1537 Sundance Trail
Lakeview, NY 14085
membership@nfbc.com

Newsletter Editor

Dennis Powell (691-6233)
95 Briar Hill Rd
Orchard Park, NY 14127
editor@nfbc.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	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 Michele Smith
 1537 Sundance Trail
 Lakeview, NY 14085

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 2017

NFBC—We ride every day

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

