



June 2020

We Ride Every Day

Volume 51 Issue 5

NFBC Newsletter

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2020 Changes to Ride Protocols

Your NFBC board members have been meeting to discuss the status of Club rides during the global pandemic. After lots of suggestions about how to ride safely, it was decided that for the time being, NFBC group rides will be officially cancelled. We could think of no way to safely sign in and ride without taking unnecessary risks or violating rules about social distancing. And we decided we didn't want to ask our ride leaders to risk contact as people sign in, or to act as social distancing police either.

That being said, all rides, cue sheets and maps will still be displayed and available to our members on the website. Michelle Bates posted video instructions on NFBC Facebook on how to access them. We encourage you to ride in very small groups on the date and time of your choice. No sign in is required and no mileage will be accrued; this is your opportunity to ride solely for the love of cycling. If you like, you can track your own personal miles to see if you can meet or exceed your 2019 mileage.

A few things to keep in mind:

- Weekend rides: Cue sheets and maps in PDF format are available by simply clicking on the NAME of the ride on the schedule page of the website, and then clicking on MAP CUES, and then printing.
- Weekday rides: Cue sheets are available by clicking on the RIDE SEARCH OPTIONS button, then on RECURRING AND WEEKEND RIDES. Then click on the NAME of the ride to get the cue sheet.*
- Did you know if you have a problem on the road you can't fix yourself, you can call the road service number on your AAA card to get help?
- Public restroom facilities are not generally available at this time, so plan the length of your ride accordingly.
- Take photos of your rides and submit them to Joan (jtchipin@yahoo.com) or Mike (mikmar110@gmail.com) for publication in the newsletter.

Call me with any questions/concerns, be safe and enjoy.

Liz Skelton (400-6091)
NFBC Ride Committee

*Not all of the weekday rides leaders choose to post their route cues on the website. We are working on another way to make those cues available for you.



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President's Message

2020 will definitely be a memorable year. I hope all of you and your families are still safe and healthy. The NFBC Board meets on Zoom to discuss the Coronavirus situation and to decide what our "new normal" policies are, and if we can start group rides again. We seek input from the regular, weekly ride leaders, and I have consulted with other bicycle clubs to see what they are doing. We will likely have to wait until Phase 4 of the 'Opening' of New York State to hold group rides. Liz wrote a nice article, included in this newsletter, suggesting ways to use Club resources for your socially distanced rides. I hope that we can have some sort of Club riding season this year, but until then, be safe and get some time on the bike on your own or with a small group.

Brenda

Virtual Board Meeting





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NFBC JERSEYS

If you placed an order for a jersey or new NFBC long or short sleeved jersey, please contact me to arrange for pick up. Easiest contact is to send me a text to 716-860-9039 or call me at that number or my home number (716-688-2968). Please be sure to leave a message if I don't answer, as I don't typically answer numbers that I don't recognize.

Your message can include what day you would like to pick up your order – I will then leave your order in a grocery-type bag on my front doorknob, such that you could pick it up at any time of the day. If there are multiple bags on the doorknob, please check to be sure you have the correct order. My address for pick up is 159 Wyeth Drive.

I will send individual emails to those that ordered, but that will take a little more time.

Regards,
Kathy Karnath

FOR SALE!

\$2 EACH—magnets,
6" x 4"

See Jen Adolf

Jadolf223@Gmail.com

716-479-2578



HELP WANTED!

2020 BANQUET

Planning already? You bet! And we need volunteers for the 2020 NFBC Banquet Committee – help is needed for the registration table, setting up the venue, obtaining door prizes, desserts and any other items that may come up.

If you are interested, please contact Jen Adolf: jadolf223@gmail.com or (716) 479-2578.

NFBC Club Trip 2020

Cancelled

June 26 - July 1
Dover, NH

Due to the coronavirus, the Club Trip to Dover, N.H., June 26-July 1, has been cancelled. We hope to reschedule this trip for next year, if we turn the corner on the corona health crisis, and life is back to some level of normalcy. Please consider joining us next year! Dennis Powell and I have put together a nice variety of rides to enjoy in New Hampshire.

Remember: If you have booked rooms at The Garrison Hotel for this year's Club Trip, it is your responsibility to cancel your reservation.



Wearing an ID bracelet is essential when riding alone or in a group. In the event of an accident, it allows emergency responders to quickly determine your identity, emergency contact and known medical issues.

RoadID is offering NFBC members a 20% discount on ID bracelets from April 15th until June 30th. Members can use the code SKP6CW653E8C to receive their savings. www.roadid.com

— David Dunkle



NFBC Officers

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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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!



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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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT SECOND MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT THIRD MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT FOURTH MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____

Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057



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Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453



*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training

jansen@bertsbikes.com

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Niagara Frontier Bicycle Club



www.nfbc.com