

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

March, 2010

Celebrating 40 years of club riding

Volume 41, Issue 1

Dates to Remember

- March 14, St. Patrick's Ride, Season Opener
- April 12, daily rides begin
- May 30, Spring in Provence trip
- June 25-27, Batavia/Mumford trip
- July 10-14, Oberlin, Ohio trip
- July 29-Aug. 2, New York/PA trip
- August 22, CAN-AM
- August 29, Club Picnic

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St. Pat's Ride Opens NFBC Season

The NFBC 2010 riding season begins on Sunday, **March 14** with the traditional St. Patrick's Ride. Jean Frederick, NFBC Vice-President, and the Ride Committee (Pat Danaher, Brenda Fischer, John Herman, Dennis Powell, Rebecca Ribis, and Ron Wakefield) have put together a full season of week-end rides that features both new and returning party rides and special events, and includes a monthly century ride in April through September. The complete listing of parties and special events is given on page 9. The regular "day of the week" morning and evening rides will begin on Monday, **April 12**; Rebecca Ribis anticipates no changes in start locations or times compared to last year. The committee is working to complete the ride schedule with much-appreciated volunteer ride leaders.



For the fifth year, the **CAN-AM Invitational** will draw riders from around the area, and serve as a showcase for our club and great cycling in the Niagara Frontier. Scheduled for Sunday, **August 22**, this year the CAN-AM Committee will be chaired by NFBC President Linc Blaisdell. Contact him (linc43@roadrunner.com) to volunteer.

The NFBC 40th Anniversary committee has reserved **August 28-29** for their festivities. They will tie in with the annual club picnic, scheduled for Sunday, **August 29**. Look for more 40th Anniversary information in the next Newsletter.

Club Trips: Travel + Great Rides

Three club trips will offer great new riding opportunities, not to mention sight-seeing and good times with friends, all within less than a day's travel to the start. The Batavia/Mumford "War of 1812" weekend trip is scheduled for **June 25th through 27th**, organized by Terry Turski. Tom and Sue Williams have put together a trip to Oberlin, Ohio for **July 10th through 14th**. Alex Setlik has designed a small town tour looping through New York and Pennsylvania (**July 29th through August 2nd**.) Richard Lepie is arranging travel and accommodations for the latter two trips.

European travel is on the horizon as well. Richard Lepie has designed "Spring in Provence" (**May 30 through June 10**) as a special travel opportunity for NFBC members. Because it is not local, and cycling is not the singular focus, this trip will not give club mileage.

RENEW YOUR NFBC MEMBERSHIP NOW!



All 2009 NFBC memberships expire on February 28, 2010. Seventy-seven of you have already renewed. Thanks! There is a membership application on page 11 or you can go to www.NFBC.com and click on the link to the application there. Thanks, Roy



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

MARCH 2010 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Start Location	Ride Leader
Sun, Mar 14	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Jim Karnath 688-2968
Sat, Mar 20	11:00 AM	902	Como Park Day Ride	20-29	Easy	0	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Lori Harf 601-7535
Sun, Mar 21	11:00 AM	913	Swormville Day Ride	20-29	Easy	0	St Mary's Church on Transit at Stahley Rd., Swormville (Clarence)	Dennis Powell 691-6233
Sat, Mar 27	11:00 AM	342	Butterwood Bakery Ride	31 / 21	Diff/Mod	2000/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bob Mahaney 208-1633
Sat, Mar 27	11:00 AM	701	Panera Pedal	28 / 22	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Barone 240-9926
Sun, Mar 28	11:00 AM	901	Clarence Day Ride	20-29	Easy	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sat, Apr 3	11:00 AM	305	Maple Country Ride	35 / 23	XD/Mod	3100/1500	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Ron Wakefield 877-2140
Sat, Apr 3	11:00 AM	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Liz Williams 759-8353
Sun, Apr 4 <i>Easter</i>	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	750	Westwood Park, Erie St & Pavement Rd., Lancaster	Brenda Fischer 683-3961

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

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.


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 elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 11AM, St. Patrick's Day Ride	15	16				19
21 11AM, Swormsville Day Ride	22	23				20 11AM, Como Park Day Ride
28 11AM, Clarence Day Ride	29	30				27 11AM, Butterwood Bakery, Panera Pedal
			31			3 11AM, Maple Country Ride, Dande Farms

Charity Rides: well-supported long distance rides

Three "charity rides" that many NFBC members have joined in the past have announced their 2010 schedules. **The Ride for Missing Children**, on **May 14, 2010**, supports the National Center for Missing & Exploited Children/New York Regional Office (NCMEC/NY). Bicyclists will ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mph on the 100 or 45 mile (new in 2010) ride beginning from Erie Community College. There is no fee to ride, however riders are required to raise a minimum of \$250 each. For more information, go to <http://www.rideformissingchildren.org/>.

The Tour de Cure, on **June 5**, offers riders a choice of 6 routes, ranging from a six-mile family ride to 100-mile and metric centuries. All routes are well-supported, and bicyclists are treated to a picnic and entertainment afterwards. The rides begin and end at Niagara County Community College. Each rider's registration fee of \$25 and a minimum of \$150 raised goes to support the efforts of the American Diabetes Association in diabetes research, advocacy, and support. For more information go to <http://diabetes.org/tour>.

The Ride for Roswell, on **June 26**, is an annual celebration of community support for Roswell Park Cancer Institute and its core mission to understand, prevent and cure cancer. Ride routes range from 3 to 100 miles, with many in

between. The ride is well supported, and followed by festivities. This ride draws the largest number of riders in the area. Registration is \$10 up to June 25, and each rider must raise a minimum of \$150. To learn more, go to <http://giving.roswellpark.org/NetCommunity/Page.aspx?pid=582>.



Charity rides aren't everyone's cup of tea; first and foremost, participants must raise money for the sponsoring charity, and the amount can be substantial. For those who track club mileage, charity rides don't "count" in their NFBC total. But... If you support the charity and its goals, and if you recognize that some other riders that day may lack your refined road manners, you will have a chance to ride a good distance with great support and well-appointed rest stops. In addition, by riding as an individual or with other NFBC members as a team, you publicly support the charity and showcase safe, recreational bicycling in our community. The late Bill McLaughlin, long-time NFBC member, was an avid supporter of both the Tour de Cure and the Ride for Roswell; he was a leader as fundraiser, organizer, and cyclist. The Editor.

May 30 to
June 10

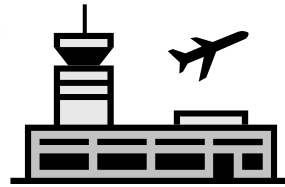
Van Gough, Matisse, and Picasso viewed the wonders of the land and splashed the colors for all to see. Now your eyes can behold the same glory as we slowly explore the by-ways of this romantic land. Sleep by the Papes in Avignon, dance and sing on the Roman stage in Orange and Arles. Whisper to the wind and water from the ancient stone of the Pont-du- Gard. Imbibe with Bacchus in the caves of Chateauneuf-du-Pape.



The price you pay includes your way on plane and train, the places you stay along the way, the bike you ride, tours of things old and new, morsels to feed your gustatory pleasures and surprises hosted by your guides.

Spring in Provence

Azure seas lap the bleached coast of southern France. The scent of lavender and budding grapes permeates the land. Rivers glow under ancient Roman bridges. Arenas to the Muses and prolific Gods, for sport and theater, stand as testimony to former glory. Painting in caves attest to pre-historic beginnings. History covers every inch of the fertile soil, first inhabited over 230,000 years ago.



The bird wings from Pearson to Marseille on Sunday the 30th of May. We tour Provence by bike for the next week. Then off to savor Nice and the Cote d'Azur, before returning on the 10th of June.

For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com

Provence May 30, 2010 to June 10, 2010

Price per person double is \$2995.00. The single supplement is \$550.00
Deposit is \$1500.00. Final payment is due April 10th. All funds are non-refundable once paid.

For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com.

Batavia/Mumford War of 1812 Trip

June 25-27



Sometimes the greatest adventures are close to home! On Friday we'll cycle from Terry's home in Getzville (plenty of parking nearby) heading for Batavia (36 miles.) Our first stop will be the Rich-Twinn Octagon House, a late Greek Revival style dwelling designed in the Octagon mode. It is located in the quaint village of Akron. The Rich-Twinn Octagon House is listed on the "National Register of Historic Places." The house serves as a museum and we will have a personal tour. *Mary's Good and Plenty Restaurant* for lunch and then onward to Batavia.

Rooms have been reserved at the Best Western Hotel (Friday is \$93.49 + tax and Saturday is \$84.99 + tax.) The hotel has an indoor swimming pool, Jacuzzi and fitness center. Rooms have adequate space for bike storage. A hot continental breakfast is included. Friday evening dinner TBD, Saturday evening will be Alex's Place for Steaks, Ribs & Seafood.

Great riding in our own backyard!

Saturday morning we will head out to Genesee Country Village and Museum in Mumford (41 miles roundtrip.) Admission to the museum is \$12.00 for those 62+, and \$15.00 for all others. In addition to the many activities of the village itself, this is the weekend of the War of 1812 Re-enactment. We can enjoy a variety of live demonstrations, talk with the "soldiers" and witness a skirmish in the pioneer settlements of the Genesee Country and the Niagara Frontier. On Sunday morning we will cycle back home from Batavia.



Batavia/Mumford Trip, June 25-27

This is a trip designed with lots of flexibility and options – you can ride to Batavia and not stop at the octagon house or museum, or come up Saturday just for the day. We will need of a sag wagon to transport luggage and to be available during riding time (volunteers?)

Sign up deadline: June 13th. Any questions? Contact Terry Turski tturski@aol.com or Jean Frederick jeanbike1@msn.com. Join us!

July 10-14

Do you like long walks on the beach, candlelight dinners, or reading in front of a cozy fireplace? Then don't come on the NFBC trip to Oberlin, Ohio in July. We aren't doing any of those things!

But...if you enjoy riding your bike, paddleboats, wineries, live entertainment every night, a town within the town, walking anywhere you want to eat, elk farms, a good old-fashioned barbecue, picnics, maybe some hiking in beautiful parks, then we need you on the Ohio Trip! Our destination is about a 3½ hour drive from Buffalo. We'll start with breakfast in Erie, Pa. (on your own), and then on to the beautiful Oberlin Inn where we'll be staying for the next few days. (Yes, the Oberlin Inn is air conditioned.) The Oberlin Inn has bike racks. The town is home to Oberlin College, which adds fun and entertainment to the area. When we visited we saw bikes and bike racks EVERYWHERE, not many cars.

Oberlin, Ohio

Each day you will be offered two rides. If you are looking for a couple of hills and challenges, you'll have it; if it's a nice casual ride you need, you'll have it. Everyone will be happy! (We'll see.) Some meals and entertainment will be provided. The Lepies and Williams are diligently working to make your stay in Oberlin memorable.

At this point you can park your car and get around by bike or foot in the entire town. From then on the fun begins. One point of interest is the Apollo Theater across the street from the Inn. The Theater was just refurbished by Danny Divito and Rhea Pearlman as their daughter is a student at the College. Movies are \$3.00, \$4.00 and \$5.00.



Oberlin, Ohio July 10, 2010 to July 14, 2010

Price per person double is \$255.00. The single supplement is \$200.00

Full payment is due with reservation. All funds paid are refundable until the 11th of May. There is a \$100.00 cancellation fee from the 12th of May to the 11th of June. After the 11th of June there will be no refunds. People reserving after the 11th of May must pay an additional \$25.00 per person.

For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com.

NY-PA EAST SMALL TOWN TOUR

4 nights, 255 miles, avg. M-D. Very scenic, quaint small town tour thru Wellsboro, Mansfield, Towanda, Sayre, Elmira, Corning, Bath, Hornell, Angelica, and Belmont.

Ride the famous PA Route 6 corridor. Follow the Susquehanna and Chemung Rivers from Towanda to Corning, and much more. Many great views to enjoy. Tour is van supported. Join us on this fabulous adventure.



July 29-Aug 2

NY-PA East			Start:	Wellsville
Thu	57 mi.	1,355 ft.	M-D	Wellsboro
Fri	55 mi	1,670 ft.	DIF	Towanda
Sat	58 mi.	1,243 ft.	M-D	Corning
Sun	44 mi.	942 ft.	MOD	Hornell
Mon	41 mi.	1,365 ft.	M-D	Wellsville
Total	255 mi.	6,575 ft.	75% Moderate, 25% Difficult	

Eastern Pennsylvania July 29, 2010 to August 2, 2010

Price per person double is \$225.00. The single supplement is \$215.00
 Full payment is due with reservation. All funds paid are refundable until the 29th of June, after which there are no refunds. Reservations received after the 29th of June incur an additional charge of \$25.00 per person. Space is limited to 16
 For details, please call Richard Lepie at 741-2762 or via email at richard_suntreader@hotmail.com.

Ask the Experts...

How do I prepare my bike for a new, problem-free season?



"When you lube a chain, drop some oil in each bushing and let it sit for a minute or two, then CLEAN it all off."

What is the best way to prepare your bicycle for the first ride of the season? If you didn't prep your bike when you put it away last fall, this is the time to get started. "Clean the bike, air up the tires, and lube the chain as well as any other spots that might need it (brakes pivots, spoke nipple/rim junction, pedal springs, cables, etc.). A tune-up at most shops will take care of these things" says **Bill Davenport of Handlebars Cycle Co.** If you did all that in the fall, "air the tires and take a test ride near home before going on a club ride" says **Tom Lonzi of Tom's Pro Bike.**

March in Buffalo means rain and possibly snow, which may take special preparation. Tom suggests "there is a difference in tire air pressure when riding in wet weather. I would slightly lower the air pressure to allow a larger contact patch with the road surface or use a slightly wider tire. In wet weather I recommend a heavier chain lube." If snow results in salted roads "that means you're essentially riding in salt water, which is bad news for just about any metallic surface. The best thing anyone can do to keep a bike running well in these conditions is to keep it CLEAN and lubricated," according to Bill.

I'm not mechanically-adept, so I start the year with a bike shop tune-up. **How can I keep my bicycle problem-free all season?** Tom advises "first of all keep the tire pressure at recommended levels. Too many people are riding on under-inflated tires; this can lead to rim damage and pinch flats. Next, keep the bike CLEAN; yes, bikes need to be cleaned. This also allows for inspection of the frame and components. The third thing is to have the bike serviced at regular intervals. Preventive maintenance goes a long way." Bill adds "LUBE. Now this doesn't mean to slather it in grease and oil. It means

to judiciously use quality lubricants where needed and only as much as is needed. When you lube a chain, drop some oil in each bushing and let it sit for a minute or two, then CLEAN it all off. Oil doesn't do any good just sitting on the surface of any bike part. It has to penetrate whatever part it's intended for, after which the rest should be wiped off."

Does the way I ride lead to certain repair problems? Our bicycles are remarkably forgiving of our riding habits, with a few notable exceptions. If you tend to ride almost exclusively in one gear, expect "premature wear on the cassette," says Tom. The most important yet underrated bicycling habit to develop is to LOOK where you are riding. Bill says "if you don't pay attention to the road and what's coming up (i.e. what you're about to roll over) you can certainly put your bike, and yourself, through some grief. Don't ride through glass and dirt, over potholes, etc. and you should be just fine. Keep your head up and looking ahead." Tom adds, "riding too far to the right is what we call 'riding in the trash.' There is a lot of debris on the shoulder and this leads to excessive flats."

And finally, **to enjoy the ride**, Bill reminds us that "bike fit is huge. Take the time to have your bike fit to YOU. Don't ignore nagging issues of comfort. Also, quality riding gear (cycling shorts and weather/seasons appropriate clothing) can certainly make a big difference in the experience."

Thanks to Tom Lonzi of Tom's Pro Bike and Bill Davenport of Handlebars Cycle Co. for giving e-interviews for this article. See their ads on page 12.

To learn more about bicycle maintenance, you might want to attend one or more of the following clinics offered at *Tom's Pro Bike* (call 651-9995 for more details)

March 4th Service Clinic
April 22-25th Demo Days
May 15-16th Colnago Seminar and test ride
May 22nd Women's Clinic
May 25th Service Clinic

GO-Buffalo Advocates for Local Bicyclists

Green Options Buffalo (<http://www.greenoptionsbuffalo.org/>) works to create "healthy, environmentally sustainable, community friendly transportation options in the City of Buffalo." As bicyclists, we have benefitted from their efforts. GO-Buffalo has been successful in getting "Complete Streets" legislation passed on our citywide and countywide levels, to make streets user-friendly for bicyclists and walkers, for example, not just motor vehicles.

The Buffalo Blue Bicycle program has become a fixture on the University at Buffalo and Buffalo State College campuses, lending bicycles free-of-charge to members across the city. GO-Buffalo has

also created the **Recycle-A-Bicycle** program, in which at-risk youth are taught bicycle repair, maintenance, and the environmental impacts of transportation. Green Options Buffalo has teamed up with Flying Bison Brewery to launch **Rusty Chain beer**. By drinking this amber ale, you are supporting the Commercial District Bicycle Parking program, which has been established in partnership with the City of Buffalo to provide custom designed bike racks along the city's thoroughfares. Their efforts have resulted in over 300 bicycle racks installed across Buffalo.

This article is reprinted with permission and modification from the GO-Buffalo Web site. The Editor

"By drinking this amber ale, you are supporting the Commercial District Bicycle Parking program"

NFBC Parties and Special Events, 2010 Season

March	14, Sun.	St. Pat's Ride; first ride of the year
May	2, Sun.	Trash & Treasure - John Herman
	9, Sun.	Mother's Day Party Ride - Betsy Dexheimer
	31, Mon.	Memorial Day Party Ride - Jim & Kathy Vozga
June	12, Sat.	Picnic with the Ohio Silver Wheels Bicycle Club - Sue Williams
	20, Sun.	Kathy's Kaper & Pool Party - Jim and Kathy Karnath
	25-27	Club trip: Batavia/ Mumford War of 1812 Weekend - Terry Turski
July	10-14	Club trip: Oberlin, Ohio - Tom & Sue Williams
	18, Sun.	Tockes' Cottage Party Ride - Mary Alice & Joe Tocke
	24, Sat.	Bob & Tris Party Ride - Bob & Tris Puleo
	29-2 Aug.	Club trip: NY-PA East Small Town Tour - Alex Setlik

Aug.	7, Sat.	Angola Beach Party Ride - Pat Danaher
	14, Sat.	Swanks Eden Party Ride - Dick and Kathy Swank
	15, Sun.	Chautauqua Day Ride - Sandy Nobel
	22, Sun.	CAN-AM INVITATIONAL
	28, Sat.	40th Anniversary Club Reunion
	29, Sun.	Annual Club Picnic - Karen & Gary Ostrum
Sept.	6, Mon.	Labor Day Party - Lori Harf
	12, Sun.	Progressive Dinner!
	19, Sun.	Freedom Run Winery Ride - Kathy Karnath
Oct.	3, Sun.	Welland Canal Ride - Ian Currie
Oct.	10, Sun.	Trash & Treasure - John Herman
	17, Sun.	Skulpture Park Hike & Ride - Pat Danaher
	31, Sun.	Cider Ride & Tailgate Party - last ride of the season

6 CENTURIES:
April 24 th - Saturday - Multiple Choice
May 29 th - Saturday - Members Memorial Century
June 13 th - Sunday - Iron Lung Century
July 17 th - Saturday - Lake O Century
August 22 - Sunday - Can Am Century Classic
September 18 th - Saturday - Century Challenge
Two 3pm Saturday social rides - designed to gather for dinner afterwards:
May 8 th - Lancaster on the Weekend/Al-E Oops - Lancaster
September 25 th - Hamburg to Lake Erie/ TBA - Hamburg
AWARDS BANQUET - Friday, November 19 th - Fox Valley Country Club - Liz Williams

NFBC to host Silver Wheels Bicycle Club

On **Saturday, June 12**, at the West Canal Marina, NFBC will host a picnic and share a ride with a group of cyclists from the Silver Wheels Bicycle Club in Lorain County, Ohio. This is the group that is helping Tom and Sue Williams plan rides and host the NFBC trip to Oberlin July 10-14 (page 6). The picnic will be "bring a dish to pass"; contact Sue Williams (688-2981 or [\[liams46@roadrunner.com\]\(mailto:liams46@roadrunner.com\)\) for more information.](mailto:scwil-</p>
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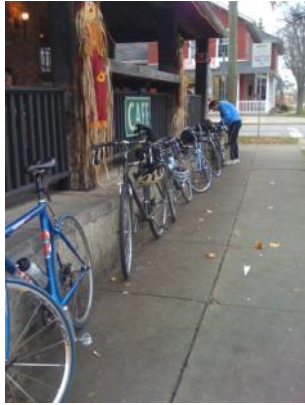
The Silver Wheels cyclists will be visiting our area from June 11-13. The Williams are planning additional activities for Friday night (June 11) with Silver Wheels. Look for more information in the next issue of the Newsletter.



What's in a name?

Editor's Note. You may have noticed that this newsletter has a new name. You can thank (or blame) me for that. I wanted to try my hand as editor, but I wasn't comfortable being the voice of the Spokesman, because I'm not a man. I don't think it's accurate or descriptive to use that name when there is a female editor, or when a substantial number of the people supplying the articles and information are women. Some of you responded to Roy's email about proposed newsletter names. The Board of NFBC preferred not to change to the popular choice from that poll, but instead to revert back to the original name, or something like it. Our

club's first newsletter, in 1970, was the "Buffalo Bicycle Club Newsletter". The club soon changed its own name to reflect more accurately the regional distribution of its members, and so the newsletter became "The Niagara Frontier Bicycle Club Newsletter" until Volume III. I hope you can become comfortable, at least for a while, with a return to our descriptive and inclusive, if not so clever, original name.



An early winter ride stopped in Clarence Center for coffee.



Niagara Frontier Bicycle Club

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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 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

Email 1 Email 2 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"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
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 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—Celebrating 40 years of club riding.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

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