

# NFBC NEWSLETTER

### Dates to Remember

- March 13, St. Pat's Ride opens 2011 season
- April 3, WNYMBA Swap Meet
- April 11, "Day of the Week" Rides begin
- Aug. 14, Can Am 6
- Sept. 4, Club Picnic
- Nov. 18, Banquet

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[www.nfbc.com](http://www.nfbc.com)

## Cycling Season Begins with St. Pat's Ride



The NFBC 2011 riding season begins on Sunday, March 13 with the traditional St. Patrick's Day Ride (not exactly on St. Patrick's Day, but close!). Dennis Powell, NFBC Vice President, and the Ride Committee (Patrick Danaher, Brenda Fischer, Dennis Powell, Rebecca Ribis, and Ron Wakefield) have put together an exciting season of weekend rides and special events. There are new and returning party rides, and several centuries.

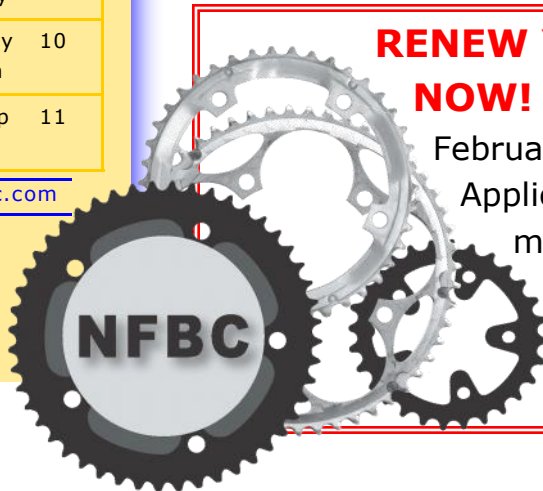
The complete listing of parties and special events is given on page 6. If you want to do long-term planning for your favorite rides, there is a preliminary listing of the entire season on our website. You can also find the rides you would like to volunteer to lead there; contact Dennis Powell

([powell.dennis.j@gmail.com](mailto:powell.dennis.j@gmail.com)) to volunteer. The regular, "day of the week" rides will begin on April 11. Expect some changes in ride leaders and start locations. NFBC will sponsor the sixth Can Am Invitational on Sunday, August 14, a ride designed to showcase the great riding opportunities in our area. The Can Am Committee is co-chaired by Linc Blaisdell and Rebecca Ribis; contact them to volunteer.

Two club-sponsored trips extend our riding opportunities beyond the western New York area. Both trips share similarities with popular previous NFBC trips, but offer unique rides. Alex Setlik and Richard Lepie are organizing a trip centered in Leesburg, VA from June 30-July 4. Tom Barone, from July 29-31, will lead a group riding the Bike Train to Toronto and then cycling home by a new route.

## RENEW YOUR NFBC MEMBERSHIP

**NOW!** All 2010 memberships expire on February 28, 2011. Use the Membership Application on page 11 to renew your membership for the 2011 season, so you can continue to enjoy NFBC rides and activities.





# NIAGARA FRONTIER BICYCLE CLUB, INC.

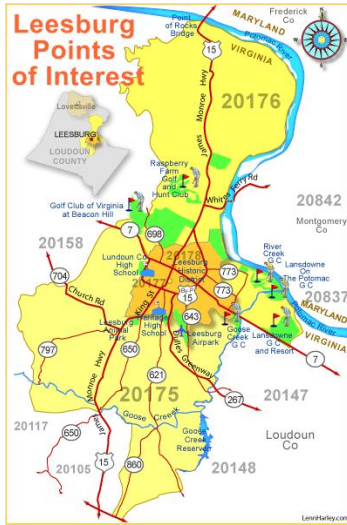
*We Ride Every Day*

## MARCH 2011 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mile-age	Difficulty	Eleva-tion	Start Location	Ride Leader
Sun, Mar 13	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 19	11:00 AM	913	Swormville Day ride	20-29	0	0	St. Mary's Church, Transit and Stahley Rds., E. Amherst	Dennis Powell 691-6233
Sun 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, Lan-caster	Lori Harf 601-7535
Sat, Mar 26	11:00 AM	901	Clarence Day Ride	20-29	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sun, Mar 27	11:00 AM	914	West Canal Park Day Ride	20-29	0	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd.	John Perry 834-0938 Marty Viggato 570-5896
Sun, Mar 27	11:00 AM	342	Butterwood Bakery Ride	31 / 21	Diff/ Mod	2000/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, Apr 02	11:00 AM	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Gwen Macool 560-0218
Sat, Apr 02	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
Sun, Apr 03	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	750	Westwood Park, Erie St & Pavement Rd., Lancaster	Lincoln Blaisdell 479-9431

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





Experience Virginia’s culinary and historical treasures just 25 miles from Washington D.C. in Loudoun County. Alex is back and has planned some fantastic rides, through some of the most scenic areas in the Eastern US, including charming towns and villages steeped in history. There are a variety of other attractions in the area as our Capitol is a short distance away. Rejuvenated Baltimore is a stone’s throw to the east. Both Washington and Baltimore have world class Museums, historic sites, amazing eateries, and entertainment.

Visit Leesburg’s own charming historic District, and their shops and restaurants. For travel videos, go to [www.visitloudoun.org](http://www.visitloudoun.org). Also, check out the Smithsonian Air & Space Museum at Dulles Airport (20 miles). Admission is free but there’s a \$15 charge for parking. It’s best to carpool.

We will be staying at the Best Western. There’s an outdoor pool to cool off and outdoor space for parties, etc. A large continental breakfast is included. Local cyclists consider this diverse area one of the crown jewels of Mid-Atlantic cycling. There are picturesque towns, large estates, horse farms, vineyards, miles of country lanes and great views of the ridges and hills. The terrain is generally easy rolling (MOD) to rolling hills (M-D).

For details about specific rides, see Alex Setlik’s post to [nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com)

# Leesburg, Virginia Club Tour June 30-July 4, 2011

Please mail your reservation form as soon as possible, as there are only a limited number of rooms. The fees for the trip include hotel, daily breakfast, ride maps, parties, entertainment and special events. This year this trip is a PAID event. As with the Can Am, you may not participate or ride with the club in Virginia, unless you are a paid participant. Trip insurance is available – please call during working hours. Price per person double is \$275.00. Price for a single room \$490.00 Full payment is due with reservation. All funds paid are refundable until the 15<sup>th</sup> of May. There is a \$100.00 cancellation fee from the 16<sup>th</sup> of May to the 29<sup>th</sup> of June. After the 15<sup>th</sup> of June there will be no refunds. People reserving after the 15<sup>th</sup> of May must pay an additional \$25.00 per person.



**Payment Form for Leesburg VA trip:**

Name: _____	Name: _____
Address: _____	Address: _____
Telephone: _____	Telephone: _____
NFBC Number: _____	NFBC Number: _____
E-mail: _____	E-Mail: _____
Roommate if submitting separate forms: _____	

Leesburg: Double \$275.00 Single \$490.00 after May 11<sup>th</sup> Double \$300.00 Single \$515.00  
 Please make checks payable to Richard Lepie and mail along with this form to:  
 Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031  
 Questions: e-mail [Richard\\_suntreader@hotmail.com](mailto:Richard_suntreader@hotmail.com) Voice: 741-2762 nights and weekend, 635-0223 working hours.

# July 29-31

- Load your bike on the train in Niagara Falls, Ontario, and in travel in comfort to Toronto
- Enjoy Toronto sites and dining, with comfortable accommodations
- Cycle back home combining the waterfront trail and new scenic routes
- Overnight stop in Burlington, ON
- Great lunch stops in Port Credit and Jordan, ON

The bike train schedule will be published in mid to late April. Following that, Tom will have detailed information posted in the *NFBC Newsletter* and on [nfbc@yahogroups.com](mailto:nfbc@yahogroups.com), including the group number for making your train and hotel reservations.



## BIKE TRAIN

## Toronto Bike Train Trip

The Bike Train Initiative places bike racks onboard select passenger rail trains to destinations across Ontario, making cycling holidays easy, accessible, and "greener". The initiative is a project of Transportation Options, a non-profit organization dedicated to stimulating sustainable systems of transportation. Tom Barone has led two highly successful trips taking the Bike Train to Toronto and then cycling back home. This year, Tom's Bike Train Trip to Toronto is an "official" NFBC trip, and includes some new routing. Because the train schedule is not yet available, all the specific information you'll need to make your reservations will be supplied in May.

The Train will depart Niagara Falls Ontario Train Station on Friday July 29<sup>th</sup>. We will have a group reservation at the Royal York or similar hotel convenient to the Toronto train station. After check in, you will be free to take in the city on your own, on or off the bike. A ferry boat ride to the outer harbor islands is a great cycling adventure. The cost of the ferry boat crossing with your bike is inexpensive and the view of Toronto from the islands is priceless. Dinner on Friday night is of your own choosing from many suggestions from previous trips.



On Saturday we will ride the Waterfront Trail from Toronto to Burlington, ON, stopping *en route* in charming Port Credit for lunch. In Burlington we will stay overnight at The Holiday Inn Conference Center. Explore Burlington or take in the activities at the Conference Center, and then enjoy dinner at one of the restaurants within walking distance.

On Sunday July 31<sup>st</sup> we will assemble in the parking lot of the Holiday Inn to continue our ride towards the Niagara Falls Ontario Train Station. This leg of the journey will follow a route that differs from past years. We'll pass many wineries, with time to stop if desired, and head to Jordan, ON for lunch. Jordan is a quaint village located in the wine country of the Niagara Peninsula. Then we will continue the ride back to the Niagara Falls Train Station.

Tom will provide a complete package of maps, itinerary, and important phone numbers, as well as information about dining options in each location. As soon as the train schedule is announced, he will supply the information you'll need to make your own reservations, including hotel names and numbers, and a group number that will give you the negotiated discount when you book your room and train ride.

For questions, contact: [tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com)

## NFBC Parties and Special Events, 2011 Season

If you like to plan your summer around NFBC cycling, keep these events in mind!

April	2, Sat.	Maple Country Ride, pancakes @ Moore's Sugar Shack
May	1, Sun.	Trash and Treasure, Spring
	7, Sat.	3PM start, Lancaster on the Weekend, followed by a restaurant dinner
	8, Sun.	Betsy's Beaucolic Batavia Party ride, Betsy Dexheimer
	22, Sun.	Niagara on the Lake (pancake ride)
	28, Sat.	Members' Memorial <b>Century</b> , metric, half metric
	30, Mon.	Memorial Day Party Ride, Jim & Kathy Vozga
June	19, Sun.	Multiple Choice <b>Century</b> , metric, half
	30-4 July	<b>Club Trip: Leesburg, VA</b>
July	16, Sat.	Lake O <b>Century</b> , Metric, short
	17, Sun.	Tocke's Crystal Beach Party Ride, Mary Alice & Joe Tocke
	24, Sun.	Linc's Party Ride, Linc Blaisdell
	29-31	<b>Club Trip: Toronto Bike Train</b>
August	13, Sat.	Graycliff, pre-Can Am ride
	14, Sun.	<b>CAN AM INVITATIONAL, Century</b> , Metric, half
	20, Sat.	Swank's Eden Party Ride, Dick & Kathy Swank
September	4, Sun.	Club Picnic @ Elma Meadows
	17, Sat.	<b>Century</b> , Metric, half, from Clarence
	18, Sun.	Freedom Run Winery, Kathy Karnath
	24, Sat.	3PM start, Sturgeon Point, followed by a restaurant dinner
October	8, Sat.	Becker Farms in Northtowns; Octoberfest ride in Southtowns
	9, Sun.	Trash & Treasure, Fall
	16, Sun.	Sculpture Park Bike & Hike
	21, Fri.	NFBC Fall General Meeting
	22, Sat.	Brown's Berry Patch
	30, Sun.	Elma Meadows, last ride of the season
November	18, Fri.	Awards Banquet, Liz Skelton

## News and previews are highlight of Annual Spring Meeting

The NFBC Annual Spring meeting was held on Friday, February 18 at the Harris Hill Volunteer Fire Co. Hall.

President Linc Blaisdell led the meeting, which focused on previews of the upcoming riding season. Alex Setlik and Tom Barone spoke about the club trips club trips to Leesburg, VA and Toronto, ON respectively. The Can Am, August 14, will include changes to the Century route, with increased mileage in Canada this year. Lori Harf will organize this year's club picnic, to be held on Sept. 4 at Elma Meadows.

Linc is looking for volunteers for several activities: to represent NFBC at an information table at the Bike Swap on April 3 run by the Western New York Mountain Bike Association; to be this year's NFBC team captain for the Tour de Cure; and for members with IT skills, to help with ongoing IT projects. If you're interested in



any of these, or just want to learn more, contact Linc ([linc43@roadrunner.com](mailto:linc43@roadrunner.com)).

Liz Skelton reported on two possible venues for the 2011 Banquet, and a show of hands clearly indicated members' preference for a return to Fox Valley Country Club.

Kathy Karnath distributed an image of the new club jersey, and an order form (see page 10). The jersey incorporates the NFBC logo on a yellow background. Kathy hopes to send the order out by March 15, so act soon.

Linc mentioned that some former NFBC members have continued to ride with the club, but have forgotten to pay dues. This could be a potential problem with our insurance company.

Vice President Dennis Powell previewed this year's party and special ride schedule, and then asked the members present to sign up to be ride leaders for weekend rides this season. There are still great rides without leaders, so contact Dennis ([powell.dennis.j@gmail.com](mailto:powell.dennis.j@gmail.com)) to volunteer.

*Photos: Linc Blaisdell (1) leads the meeting while members listen attentively (2). Afterwards, members socialized with pizza (3).*

## Charity Rides: well-supported long distance rides

Charity rides are designed to raise money for the sponsoring charity. In return for some fundraising, riders get the opportunity to enjoy a well designed and supported distance ride with numerous rest stops and sag support. Although these rides aren't official NFBC rides (i.e. they don't "count" in NFBC mileage) you can support the charity and its goals in an important way, and have a great ride too. There are three local charity rides that have traditionally attracted NFBC members.

The 2011 **Ride for Missing & Exploited Children** will be held on **Wednesday May 25<sup>th</sup>**.



THE AWARENESS CONTINUES...

go to <http://www.rideformissingchildrenbuffalo.org/index.shtml>.

In its 20<sup>th</sup> year, the **Tour De Cure** will be held on **Saturday, June 4**. Rides ranging from 6 to 100 miles be-

gin at Niagara County Community College, and continue through Niagara county country roads. Each rider's registration fee of \$25 and minimum \$150 raised supports the American Diabetes Association in diabetes research, advocacy, and support. Go to [http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr\\_id=7548](http://main.diabetes.org/site/TR/TourdeCure/UpstateNYWNewEnglandArea?pg=entry&fr_id=7548) for more information.



The **Ride for Roswell** will be held on **Saturday, June 25**, supporting Roswell Park Cancer Institute and its core mission to understand, prevent, and cure cancer. Ride routes range from 3 to 100 miles, with everything in between.

Of our local charity rides, Ride for Roswell draws the largest number of participants. Riders must raise \$150 and pay a registration fee of \$10 (except on the day of the event, when the fee jumps to \$50). To learn more, go to <http://giving.roswellpark.org/page.aspx?pid=582>.

# Ask the Experts...

## Stretch to avoid common cycling injuries, says Physical Therapist Laura Wright

Most bicyclists experience non-crash-related aches and pains from time to time. Riders frequently end up with problems related to riding mechanics and riding position; knees (and everything that is near or connected to them), neck and back are the primary, but not exclusive, problem areas. I interviewed **Physical Therapist Laura Wright** (PT, MS) of the Buffalo Rehab Group to learn more.

Why does this non-impact sport give us these problems? **Biking is a 'mid-range' activity which involves a limited and repeated motion; in other words the leg is never fully straightened (locked) or bent to its fullest. This causes tightness or shortening of the muscles, which contributes to a number of overuse syndromes: pain in the knees, hamstrings, hips, and lower back.**

In addition, road bicyclists ride leaning forward to hold dropped handlebars, but tilt their heads up to see the road ahead. That static riding position stresses the neck, shoulders and back. Work with your favorite local bike store to make sure you have the best possible overall bike fit; seat height in particular is crucial to avoid overuse injury. To prevent or reduce the pain and discomfort that comes from muscle overuse and stress, Laura emphasizes stretching before and after a ride, and doing targeted off-the-bike exercise to strengthen key muscles.

Is stretching equally important at the beginning and end of a ride?

**YES – Pre ride stretching prepares the muscles for activity, increases flexibility, blood flow, and brings oxygen to the muscles. Post ride stretching will increase flexibility in the areas that were maintained in a static position for extended periods of time. Additionally post ride stretching can help reduce the effects of lactic acid build up (DOMS – delayed onset muscle soreness).**

Is there any time when you shouldn't stretch? **Don't stretch when muscles are cold. Wear tights in cool weather, and warm up by walking, jogging or riding easy for a few minutes before you stretch. Don't stretch (or ride!) if you are experiencing pain; you could further injure torn mus-**

**cles or tendons.**

If I'm going to develop a habit of regular stretching, I need a routine that doesn't take too much time, but targets all key areas. What do you suggest?

**Thinking along the lines of a functional/whole body approach I would say that there are several muscles that should be stretched to prevent not only knee injuries but "lower body" injuries, neck and back. Remember,**

**Pre ride stretches should be held for approximately 2-5 sec. and should be repeated at least 10-15 times (dynamic stretch). However, NO bouncing or jerking movements! Post ride, aim for the 30 sec. static stretch.**

**When biking for extended periods of time, change positions frequently, focus on straightening through the back and performing chin tucks.**

**Think about your posture often and relax your shoulders.**

**Quadriceps stretch: Stretching the quads can help prevent Patellar Tendonitis, Knee Bursitis, and Iliotibial Band Syndrome. To stretch the quad you should hold onto a sturdy surface, standing up straight, pull your leg behind you, attempting to bring your heel to your buttock. Make sure you maintain the knee close to the opposite knee and stand erect. This stretch should be felt over the front of the upper leg.**

**Hamstring stretch: Stretching the hamstrings can help prevent low back pain as the hamstrings attach to the pelvis and can cause stress to the low back. Standing erect (back straight), place the heel of one foot on a sturdy/elevated surface. Keeping the knee straight, bend forward/hinge at the hips. This stretch should be felt in the back of the upper leg.**

**Calf Stretch: Lean on a wall or car for stability, and place one foot behind the other. Keeping the heel down and the knee straight lean forward. Keeping the heel down, BEND the front knee and lean forward**





# Stretch (Continued from page 8)

**Hip Stretch:** Sitting with the back straight, place ankle on opposite knee, lean forward hinging at the hips. You may gently push your knee down to intensify this stretch.

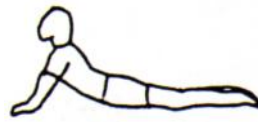


Airplane Stretch

**Hip Flexor Stretch:** Tightness occurs due to the prolonged bent forward position while riding. In a long stride, half kneeling position, with the back straight, lunge forward. To intensify the stretch, raise your arms overhead as you lunge forward. OR reach the hand of the leg that is out front overhead and over, leaning your hip out to the side.



**Low Back Stretch:** Laying on your belly, place hand at shoulder height or just above shoulder height, push through the arms and raise your chest off of the ground, keeping the hips down.

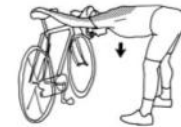
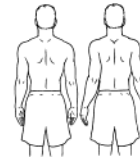
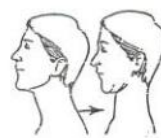


**Neck/Upper Back Stretches:**

**Chin Tucks –** Keeping the back straight; Pull your chin straight back as if you were giving yourself a double chin.

**Shoulder Blade Retractions –** Keeping the back straight; Pull the shoulder blades down and together.

**Latisimus/Trap Stretch –** Place both forearms on surface above waist height, lean your body back, bending at the hips, allow your upper back to extend or drop down.



**Thanks to Physical Therapist Laura Wright (PT, MS) of the Buffalo Rehab Group for agreeing to be e-interviewed for this article!**



## Niagara Frontier Bicycle Club

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# Order your 2011 NFBC Jersey Today!



The 2011 NFBC jersey design incorporates the new NFBC logo in grey and black tones on a yellow jersey for good visibility on the road! Please use the order form to place your order. Unless you specify otherwise, the jersey is a standard fit and should be the same fit as the last club jersey (Niagara falls on front and skyline of Buffalo on back) which was also made by Primal. If you want Pro-Fit, indicate that on the order form - the price will be the same. Kathy plans to turn in an order by March 15th! So, please send the completed order form and check (made payable to NFBC) to: Kathy Karnath at 159 Wyeth Drive, Getzville, NY 14068.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ e-mail \_\_\_\_\_



## NFBC Club Jersey Order Form

Send completed form and check payable to NFBC to Kathleen Karnath, 159 Wyeth Drive, Getzville, NY 14068 by March 15th  
**If you want pro-fit, please indicate; pro-fit will have full zipper.**

Jerseys													
Jerseys	Sport Cut	Short Sleeve	Standard Features	Product Options	XS	SM	MD	LG	XL	2XL	3XL	Price	Part Number
Men's Sport Cut, Short Sleeve, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeves - 3 Straight Back pockets									\$ 60.00	PW-00-275
Women's Sport Cut, Short Sleeve, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist & Sleeves - 3 Straight Back pockets									\$ 60.00	PW-00-615
Jersey Youth Short Sleeve													
Jersey	Sport Cut	Sleeveless	Standard Features	Product Options	XS	SM	MD	LG	XL	2XL	3XL	Price	Part Number
Youth Sport Cut, Short Sleeve, Set-In Sleeve			Speed Pro Fabric - YKK 1/2 Invisible Zip -NO Elastic @ Waist & Sleeves - 3 Straight Back pockets									\$ 60.00	PW-00-130
Men's Sport Cut, Sleeveless, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist - 3 Straight Back pockets									\$ 60.00	PW-00-280
Women's Sport Cut, Sleeveless, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist - 3 Straight Back pockets									\$ 60.00	PW-00-616
Jersey Sport Cut Long Sleeve													
Men's Sport Cut, Long Sleeve, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeve - 3 Straight Back pockets									\$ 60.00	WJN-001
Women's Sport Cut, Long Sleeve, Raglan Sleeve			Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist - Elastic @ Sleeve - 3 Straight Back pockets									\$ 60.00	WWN-003
Cold Weather Collection													
Cold Weather			Standard Features	Product Options	XS	SM	MD	LG	XL	2XL	3XL	Price	Part Number
2nd Layer Jacket, Fully Printed, 3 Cargo Pockets			Thermal Fabric - YKK Full Hidden Zip - Elastic @ Waist and Sleeve -									\$ 97.00	SLJ-001

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 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
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
<b>TOTAL</b>	\$	\$
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@yahoogroups.com](mailto:nfbc@yahoogroups.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.
  - "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.

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

MAILING ADDRESS



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