

NFBC NEWSLETTER

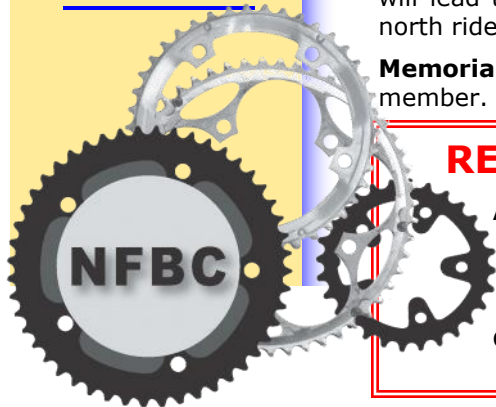
Dates to Remember

- March 11, First Ride of the Season, St. Pat's
- April 9, "Day of the Week" rides begin
- Aug. 4-5, CanAm 7
- Sept. 2, Club Picnic

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www.nfbc.com



NFBC Annual Spring Meeting: Fri. Feb 17

President Linc Blaisdell (A in photo) called to order the NFBC spring general meeting at the Harris Hill Fire Hall on February 17. Members heard announcements and plans for the coming riding season.

Non-club rides: NFBC Member Greg Harvey introduced Christy (B) who spoke on behalf of the Buffalo MS Society's "Head for the Hills" destination ride, on Sept. 8-9 (see page 7 for more details. Bob Mahaney introduced Pastor Pat Hilky (C) who spoke about the Ride for Missing Children (see page 7) Tom Williams talked about an invitational ride on July 21 put on by the Ohio bike club Silver Wheels. Call him for more information.

Club trips: Tom Barone (D) reported on the 1000 Islands club trip that he is leading. It will be held from July 26-29, in the "a la carte" style. See details on page 6. Cindy Stachowski (E) described a trip proposal that she and Brenda Fisher are working on. They have chosen the New Paltz area for June 30 through July 4, and hope to have specific plans and a proposal for an "all-inclusive" trip ready for the April *NFBC Newsletter*.

Club events: Linc reported on planning for the Can Am (Aug 4-5) and the club picnic (Sept 2), to be chaired by Jane Armbruster with help from Lori Harf, Karen Sprada, and Liz Skelton. The highlight of the Fall General Meeting will be the biennial NFBC elections. Linc described the nominating process and encouraged members to consider running for board and officer positions. Liz Skelton reported that the Banquet will be held on Friday, Nov. 16 at the Fox Valley Country Club. NFBC has a *Facebook* page; Linc asked for a volunteer to manage it.

Ride Schedule: Dennis Powell (F) reported on the ride schedule for this year, he discussed some of the highlights and pointed out leadership changes for some "day of the week" rides; Liz and Daryl Skelton will lead the Thursday PM Lancaster ride (from a new location) and Tom Williams will lead the Tuesday night North ride. As of this printing, the Friday PM north ride is without a leader.

Memorial: Bob Earhart spoke in memory of Charlie Christ, a former NFBC member.



RENEW YOUR NFBC MEMBERSHIP NOW!

All 2011 memberships expired on February 29, 2012. Use the Membership Application on page 11 to renew your membership for the 2012 season, so you can continue to enjoy NFBC rides and activities.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

March 2012 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sun, Mar 11	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creek-side), Tonawanda	Jim Karnath 688-2968
Sat, Mar 17	11:00 AM	913	Swormville Day ride	15-30	0	0	St. Mary's Church, Transit and Stahley Rds. Clarence	Peg Walker 741-4616
Sat, Mar 17	11:00 AM	917	Orchard Park Day Ride	15-30	0	0	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Frank Soltiz 937-6924
Sun, Mar 18	11:00 AM	902	Como Park Day Ride	15-30	Easy	0	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock 681-5345
Sat, Mar 24	11:00 AM	901	Clarence Day Ride	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sat, Mar 24	11:00 AM	905	East Aurora Day Ride	15-30	0	0	Hamlin Park (south parking lot), S Grove St E. Aurora	Jim Sawyer 884-3057
Sun, Mar 25	11:00 AM	914	West Canal Park Day Ride	15-30	0	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd. Pendelton	Tom Williams 688-2981
Sun, Mar 25	11:00 AM	903	Elma Day Ride	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Pat Danaher 310-8136
Sat, Mar 31	11:00 AM	701	Panera Pedal	27/21	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Barone 240-9926
Sat, Mar 31	11:00 AM	342	Butterwood Bakery Ride	31 / 21	Diff/Mod	2000/1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bradshaw Hovey 857-0906

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

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

We will send a note of cheer to someone who might need it, on behalf of NFBC. Notify Sue Williams (688-2981), (the Sunshine Committee), or Linc Blaidell, President. NFBC cares about its people!

MARCH 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6		8	9	10
11 St. Pat's Opening Ride	12	13		15	16	17 Swormville Day Ride Orchard Park Day Ride
18 Como Park Day Ride	19		21		23	24 Clarence Day Ride E. Aurora Day Ride
25 W.Canal Park Day Ride Elma Day Ride	26	27	28		30	31 Panera Pedal Butterwood Bakery Ride

Bicycling Tip: Pedal Position Matters

1. Pedal with flat feet: Some people think of keeping their heels down, and some point their toes towards the sky. A couple of analogies we use are to picture the linkage on an old steam engine and visualize your foot as the linkage come up and staying flat throughout the revolution of the wheels. The other is to picture an equestrian rider, riding a horse with heels down, while toes are in the stirrups. Toes down is a no, no, and you'll see why in the next two tips, as they all go together.

2. Get on the pedals early: This means you start pushing forward on the pedals before they reach the top of the arc or 12 o'clock. With your feet flat to slightly toed up/heel down you'll be able to increase your power band from two to three hours if you look at the face of a clock. With left foot, start pushing at 10 o'clock instead of one o'clock. With toes down it is very difficult to start pushing before the pedals reach 12 o'clock.

3. Focus on the push phase of the pedal revolution as it is where you produce the most power: I read articles all the time and hear from people that they focus on getting through the dead spot, as if scraping mud off the bottom of their shoes. They spend so much time pulling up and focusing on the weak part of the stroke they forget to push on the pedals.

(<http://www.outsideonline.com/blog/outdoor-adventure/celebrities/the-top-11-cycling-technique-tips.html>)

NFBC Riding Season Overview

The 2012 NFBC riding season begins on Sunday, March 11 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, Cindy Stachowski, and Ron Wakefield) have put together an exciting season of weekend rides and special events. The committee worked from last year's schedule, making appropriate changes (no church parking lot starts on Sundays!) There are new and returning special event rides, and five centuries.

There will be a number of 'Day Rides' offered for early-in-the-season weekends; these are routes usually offered on weekday evenings. As a result, people whose work schedule doesn't fit with evening rides will have this chance to try them. Again this year, two rides are scheduled for 3pm starts--one earlier and the other later in the season to take advantage of late day warmth. Many riders use this opportunity to go to a restaurant nearby for dinner and socializing.

The complete listing of parties and special events is

given on page 5. 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 rides that you would like to volunteer to lead there; contact Dennis Powell (powell.dennis.j@gmail.com) to volunteer.



The regular, "day of the week" rides will begin on April 9. Expect some changes in ride leaders and start locations: Liz and Daryl Skelton will lead the Thursday PM Lancaster ride (from a new location) and Tom Williams will lead the Tuesday PM North ride. As of this printing, the Friday PM North ride is without a leader.

Tom Barone is leading the club trip to the Thousand Islands region (see page 6) on July 26-29. This beautiful area provides great riding and sight-seeing opportunities.

NFBC will sponsor the seventh Can Am Invitational on August 4-5. This ride is 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.



NFBC Members listened to the speakers and socialized at the February 17 Annual Spring Meeting.



Parties and Special Events, 2012 Season

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

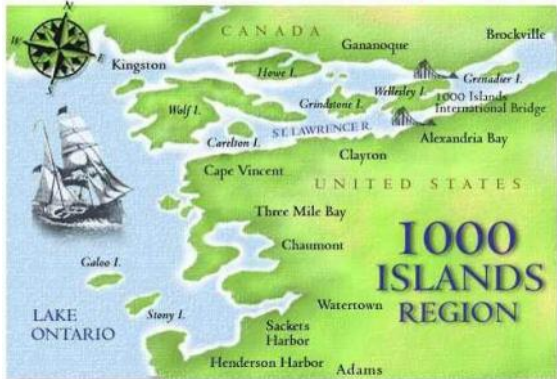
May	6, Sunday	Trash and Treasure, John Herman
	12, Saturday	3PM start, Lancaster on the Weekend, followed by a restaurant dinner
	13, Sunday	Betsy Dexheimer's "Beaucolic Batavia" Party Ride
	26, Saturday	Members' Memorial Ride (Century , Half-century, short)
	28, Monday	Jim and Kathy Vozga's Party Ride
June	16, Saturday	Multiple Choice (Century , Half-century, short)
July	8, Sunday	Sandy Nobel's Chautauqua Party Ride
	15, Sunday	Lake-O- Century
	21, Saturday	Bob and Tris Puleo's Party ride
	26-29	Club Trip: Thousand Islands, Tom Barone
August	5, Sunday	Can Am (Century , Half-century, short)
	11, 12, Saturday, Sunday	Ellicottville Weekend with the Rochester Bike Club
September	2, Sunday	Club Picnic, Jane Armbruster
	16, Sunday	Freedom Run Winery Ride
	22, Saturday	Century Challenge
	29, Saturday	3PM start, Sturgeon Point, followed by a restaurant dinner
October	7, Sunday	Trash and Treasure, John Herman
	14, Sunday	Skulpture Park Bike & Hike
	19, Friday	NFBC Annual Fall Meeting, Elections
	28, Sunday	Mayer Brothers Cider Mill Ride, <i>last weekend ride of the season</i>
November	16, Friday	NFBC Banquet @ Fox Valley CC, Liz Skelton

July 26-29

1000 Islands Club Trip

- A la carte-style club trip
- 2 nights in Clayton, NY
- 1 night in Kingston, ON
- Great rides, great sight-seeing!

Enjoy 4 days of cycling in the beautiful 1000 Islands vacation area at the border of New York and Canada along the St. Lawrence River and the eastern shores of Lake Ontario. The region takes its name from the more than 1000 islands that dot the waterway.



Tom Barone has planned an ideal trip; he reserved blocks of rooms, mapped out the rides, and planned optional meal locations for this a la carte style trip. The trip begins on Thursday, July 26, with a meet-up and ride before reaching Clayton. Then 2 nights in Clayton including a choice of rides through beautiful islands, with amazing sights. On Saturday, July 27 we leave our cars in Clayton and cycle to Kingston Ontario, where we will stay for one night (July 28). On Sunday, July 29 we will ride back to Clayton and our cars, and then head for home.

Tom has already published many trip details on nfbc@yahoo.com, including links leading to the ride routes/cue sheets and accommodations. Contact him for more details, or to get another copy of the trip plan.

STEP #	What you need to do:	How to do it:
1	Make your room reservation for July 26-27 at Bertrand's Motel, 229 James St, Clayton, NY 13624	Call 1-315-686-3641 to reserve your room for Thursday July 26 and Friday July 27. Be sure to tell them you are with the Niagara Frontier Bicycle Club. Room rate \$75-\$78 per night including taxes DBL occupancy.
2	Make your room reservation for July 28 at Queens University, Leggett Hall, 194 Stuart St., Kingston, ON K7L 5V2	To reserve your room for Saturday July 28, call Lisa Playter at 1-613-533-2223 . OR you may go to https://housing.queensu.ca/reservations/ and select "Niagara Frontier Bicycle Club" from the pull-down menu and go from there. The rate is \$99 plus tax for a 2-bedroom unit (2 rooms with one bathroom)
3	Call or email Tom Barone to let him know you will be going on the trip. He will give you detailed information on routes and meeting plans.	Email: Tbarone2@roadrunner.com Phone: 240-9926

“Charity Rides”: great rides that support important causes

Charity rides provide an additional cycling option for club members. Although these rides aren't official NFBC rides (i.e. they don't "count" in NFBC mileage tallies) you can support the charity and its goals in a valuable way, and have a great ride too. 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. Consider joining one of these four major rides in the Buffalo area.

The 2011 **Ride for Missing Children** will be held on **Thursday, May 24**. Bicyclists ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mpg on the 100 or 45 mile ride. There is no fee to ride, but riders are required to raise a minimum of \$250 each. The mission of the ride is to: remember all missing children, spread awareness of the plight of all missing and exploited children, and raise funds to support prevention education programs, poster distribution and the mission of NCMEC/NY. For more information, go to <http://www.rideformissingchildrenbuffalo.org/index.shtml>.

THE RIDE
FOR MISSING CHILDREN



THE AWARENESS
CONTINUES...

of the plight of all missing and exploited children, and raise funds to support prevention education programs, poster distribution and the mission of NCMEC/NY. For more information, go to <http://www.rideformissingchildrenbuffalo.org/index.shtml>.



In its 21st year, the **Tour De Cure** will be held on **Saturday, June 2**. Rides ranging from 6 to 100 miles begin at Niagara County Community College, and continue through Niagara county country roads. Each rider's registration fee of \$25 and minimum \$150 raised will support the American

Diabetes Association in their efforts in educational outreach, research, advocacy, and support. Go to <http://tour.diabetes.org> for more information.

The **Ride for Roswell** will be held on **Saturday, June 23**, 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>.



Bike MS 2012: Head for the Hills is a "destination" ride new to this area. It will be held on **September 8-9**. Riders cycle from Chestnut Ridge Park (Orchard Park) to Elliptonville on the first day, following either a 100- or 50-mile route, and return to Chestnut Ridge Park by a 50-mile route on the second day. Overnight accommodations at the Inn at Holiday Valley, meals, and activities are included with the \$100 registration fee. Participants must raise a minimum of \$250. The National Multiple Sclerosis Society supports more MS research, offers more services for people with MS, provides more professional education programs and furthers more MS advocacy efforts than any other MS organization in the world. For more information, go to <http://bikenyr.nationalmssociety.org>



Our Thanks to NFBC Member Barry Waldman

By Liz Skelton

For the past three years I have wanted to present a "Member's Award" (I made up that award title) at the annual banquet to Barry Waldman for his outstanding service to NFBC. I was unable to do so because the guy is so low-key that he never attends the banquet. Now he will be recognized in this article.



Long-time NFBC members know Barry, since he has been an active rider for longer than the 12 years that I have been in the club. You may not, however, be aware of what he has done for NFBC. For the newer members: someday you may find yourself riding alongside a guy who starts up a conversa-

tion by mentioning that he thinks your seat is too low/high, that you ought to be riding in the middle ring, or that your quick-release lever on the back tire is not fully closed. 'Who IS this guy?', you are thinking, but if you stay with him for a while, you will learn at least two things: 1—that he knows what he's talking about, and 2—that he genuinely has your best interests at heart.

Barry deserves my "first annual member's award" because of what he does when an emergency occurs during a ride. If Barry is anywhere nearby when you get a flat, you can count on him to stop and offer assistance. If you don't have tools or a tube, Barry has both, and he will offer to change the tube for you. If you have 2 flat tires and there are no more tubes,

Barry will offer to ride back to the ride start, get his car and pick you up. I have personally seen him do this sort of thing more than a few times in the last three years (and how many times did he do this when I wasn't around?). Barb Reade was badly hurt in a fall 2 years ago, and while we waited for the summoned help to arrive, Barry told us he was riding 5 miles back to the ride start to get a vehicle. He returned, put Barb's bike in the van and followed the ambulance to the hospital so that Larry could stay with Barb. Barry stayed with Larry and Barb at the hospital for the rest of the day, until Barb was cleared to leave. He offered to drive them home and bring their bikes and car later. At another time, Mary Casey fell and was badly hurt on a weekday ride. While we moved her to the side of the road and called for help, Barry was the one who gave up his evening ride to return to the ride start and get his vehicle. He offered to take Mary's bike to her home, and would have done so, but Mary's husband showed up and took it. Those are just two instances that I know of—how many others did I not witness?

Barry doesn't volunteer for club committees, and he isn't a ride leader, so he is not eligible for any of the annual NFBC service awards. He doesn't attend the banquet or general meetings because he isn't available on Fridays or Saturdays. In my opinion, Barry deserves our thanks and recognition just for being the kind of person he is. In his low-key and unassuming way, he has consistently shown his care for the members of our bike club, and our club is better for his participation in it.

Bicycling Tip: Hydrate properly when cycling

Whatever the weather conditions, your fluid requirements will increase significantly when cycling. Losses from exhaled breath and from sweating will serve to reduce your blood volume, resulting in your heart having to work much harder. By the time you feel thirsty you will already be dehydrated, so try to drink **small, frequent quantities of water or a sports energy drink** throughout the ride. You can check the color of your urine in order to monitor your hydration in between stages of your training: a pale straw color indicates that you are well hydrated, whereas anything darker means that you need to drink more. (<http://www.realbuzz.com/articles/top-10-cycling-training-tips/#pagination-top>)

Where do NFBC members live?

For some time I've thought it would be interesting to be able to visualize the geographic distribution of our club's members. The map below gives a general idea of where those of our members who live in Erie County reside. I put the NFBC membership list in order by zip code, and then grouped zip codes by township and put them on an Erie County Township Map.

There are problems with this map. First and foremost, I grouped members by zip code, but zip codes frequently overlap townships. For example, people with the zip code 14051 may live in Amherst or Clarence. The zip code 14052 overlaps 4 townships. It is possible to look up individual addresses and place them in one town or the other, but that required more work than I was willing to do, so I went with the town where *most* of the zip code seemed to be located, and as a result I've probably made some errors in mapping. I looked into using a zip code map rather than a township one, but those maps are pretty busy, and more difficult to read. Second, there are many members who live outside of Erie County; a few quite far (New Hampshire, Pennsylvania, Arizona), but more in counties adjacent to or not too far from Erie (Niagara, Chautauqua, Genesee); my apologies that these folks aren't indicated on the map (unless they are in an overlapping zip code). Finally, the club membership is always changing by the addition of new members, but this map is based on one version of the membership list, from August 2011-- I just haven't had room in the *Newsletter* to include it until now.

Please remember that this map says nothing about where club members choose to ride, only about where they live!



The number of NFBC members residing in each of the townships of Erie county is indicated by the number below the township name. This is a very rough estimate, with lots of room for error, as described above.

Niagara Frontier Bicycle Club

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Bicycling is Transportation: Bicyclist Speaks before the NYS Legislature

Harvey Botzman gave testimony regarding bicycling at the Joint Legislature Finance Committee: Budget Hearing on Transportation, on Thursday, January 26, 2012. Botzman is Chair of the Legislative Committee of the New York Bicycling Coalition (NYBC), a state-wide bicycling advocacy and information group. He is also the publisher/author of Cyclotour books.

Representing the NYBC, Botzman asked these New York legislators to support a number of bicycle-friendly initiatives, including funds to teach traffic skills to adult bicycle commuters and to carry out a comprehensive study of bicycling in the state. He asked that AMTRAK trains be required to provide a means for passengers to bring their unboxed bicycles along.

Harvey Botzman said "Legislators are able to prioritize funding of transportation facilities for improving



bicycling facilities under the purview of the NYS DOT; county and municipal public works & highway departments; Regional Economic Development Councils; and the NYS Office of Parks, Recreation & Historic Preservation. They are able to set priorities for the marketing of bicycling as a healthful recreational activity to improve New Yorkers' health and quality of life. They are able to prioritize the marketing of bicycling events via the I

Love NY campaign."

You can view his testimony, 'Bicycling is Transportation,' on *You Tube*:

http://www.youtube.com/watch?v=rzpwsgW3_p8 or read his testimony at: <http://www.nybc.net/bicycling-is-transportation>

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
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
c/o Roy R. Tocha
11 N. Eaglecrest Dr.
Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to nfbc@yahoo.com

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

- 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.

March, 2012

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