

NFBC NEWSLETTER

Dates to Remember

- March 17, 1st ride of the season, St. Pat's
- April 1, "Day of the Week" rides begin
- July 10-14, Club trip, Belleville, ON
- August 3-4, CanAm 2013

Inside this Issue

Ride Schedule	2-4
Parties and Special Events	5
Belleville Club Trip	6
New nfbc.com New webmaster	7
3 top milers	8
Ride for a cause	9
Membership application	11

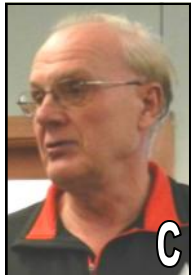
NFBC Annual Spring Meeting: Fri. Feb 22

President Linc Blaisdell (A in photo) presided at the NFBC annual spring meeting, held on February 22 at the Harris Hill Fire Hall. Members heard announcements and plans for the coming riding season.



Charity Rides:

NFBC member Bob Mahaney introduced Ed Suk (B), the NY Executive Director of the National Center For Missing & Exploited Children. Ed talked about the Ride for Missing Children (May 31), and the important work that is supported by the fundraising associated with the ride. Linc discussed the goal of having a more prominent NFBC presence for the charity rides. Elaine Rubenstein will be team captain for the Tour de Cure (June 8), so that when people register for the ride they can indicate that NFBC, Niagara Frontier Bicycle Club is their team. Groups of NFBC members can ride together for their chosen ride distance, and the club will get recognition for fielding a team. Plans are in the works to have a Ride for Roswell (June 22) NFBC team also. See page 9 for more information about these charity rides.



Club Trip:

Alex Setlik (C) described the club trip to Belleville and Prince Edward County, ON, that he is organizing. The trip will run from July 10-14 (see page 6 for details). Linc will host a pre-ride party for fellow travelers to meet and talk.

Club Events:

Linc reported that this year's CanAm is set for August 3-4, with Jack Rimlinger as the new committee chair. Jane Armbruster will again organize the club picnic at Elma Meadows on August 25. The Banquet is set for November 15.

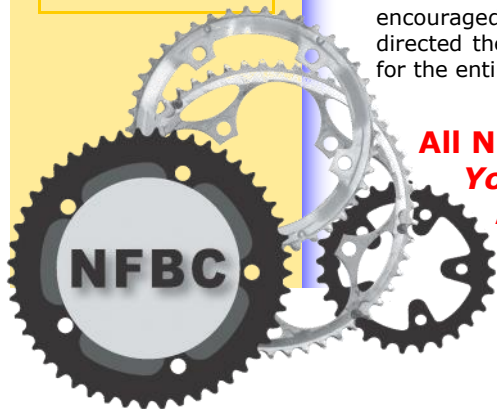
Web Site:

The club's webmaster, Ron Penton (D), described the new NFBC website he has designed. Using a power point presentation, he showed web site screens and explained how to register and then access the various new features. While some features are operational now, others are still in development and will come online as Ron completes them. See page 7 for details.



Ride Schedule:

Vice-President Cindy Stachowski (E) talked about the 2013 ride schedule. Ride leaders are needed for the following week day rides: Tue. PM north, Thurs. AM central, Thurs. PM central, Fri. AM north. She encouraged members to volunteer to lead weekend rides, and directed them to sign up at a table set with ride leader packets for the entire season. More photos on page 3.



All NFBC 2012 memberships expire on 2/28/2013. You know what to do: complete the Membership Application on page 11 and pay by check, or use our new web site renewal form and use PayPal to pay your annual dues.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

MARCH 2013 WEEKEND RIDE SCHEDULE

DATE	TIME	RIDE #	NAME	DIS-TANCE	DIFFI-CULTY	CLIMB	RIDE START	RIDE LEADER
Sun, Mar 17	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	Mike Dusing 895-6423
Sat, Mar 23	11:00 AM	913	Swormville Day ride	15-30	0	0	St. Mary's Church, Transit and Stahley Rds.	Peg Walker 741-4616
Sat, Mar 23	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 24	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	Lori Harf 601-7535
Fri, Mar 29	1:00 PM	903	Elma Day Ride	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 310-8136
Sat, Mar 30	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 30	11:00 AM	918	Hamburg Day Ride	15-30	0	0	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Pat Danaher 310-8136
Sun, Mar 31	11:00 AM	922	Lancaster Day Ride	15-30	Easy	0	Lancaster Opera House, side parking lot on Clark St., Lancaster	Liz Skelton 435-0244

All "day rides" will be selected based on the weather of the day.

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

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski (tturski@aol.com, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

MARCH 2013

SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2	
3	4	5			7	8	9
10	11	12			14	15	16
17	18	21			22	23	
24	25	26			27	29	30
31						1PM: Elma Day Ride	Hamburg Day Ride
St. Patrick's Day Ride							
Como Park Day Ride							
Lancaster Day Ride							



NFBC members listened to the speakers and socialized at the February 22 Annual Spring Meeting.

NFBC Riding Season Overview

The 2013 NFBC riding season begins on Sunday, March 17 with the traditional St. Patrick's Day Ride (which actually coincides with St. Patrick's Day this year!). Cindy Stachowski, NFBC Vice President, and the Ride Committee (Patrick Danaher, Brenda Fischer, Dennis Powell, Rebecca Ribis, Liz Skelton, Cindy Stachowski, and Ron Wakefield) have put together an exciting season of weekday and weekend rides and special events. The committee has added some new weekend rides this year, and there are standard and returning special event rides, and five centuries.

There are several 'Day Rides' offered for early-in-the-season weekends. These are routes usually offered on weekdays, but by scheduling them for Spring weekends, people whose week day work schedule doesn't fit during the season will have this chance to try them out. New to the schedule, a 1PM start for the March 29 Elma Day Ride will help open the season for the (arguably?) most social weekday ride, Friday night south. 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, you can see a preliminary listing of the entire season on our website. Contact Cindy (868-7005, csbikesalot@yahoo.com) to volunteer to lead rides.

The regular, "day of the week" rides will begin on April 1. Expect some changes in ride leaders and start locations. As of this printing, ride leaders are needed for the regular Tuesday PM north, Thursday AM central, Thursday PM north, and Friday AM north rides.

Alex Setlik is leading the club trip to Belleville and Prince Edward County (see page 7) on July 10-14. This beautiful area provides great riding and sight-seeing opportunities.

NFBC will sponsor the eighth Can Am Invitational on August 3-4. This ride is designed to showcase the great riding opportunities in our area. This year's Can Am Committee is chaired by Jack Rimlinger; contact him to volunteer.

Hi Folks, We would like to invite you all out to what is the hands down most social (at least post) weekday ride we have. The TGIF Elma Meadows Friday Night Ride! This is Loren's and my first full year leading this ride and look forward hosting it in the fine tradition that Tim, Brenda, and John have set. Each week we will have dual distance / difficulty - and yes there are people who do both. After the ride many (table for 20?) go out to carbo-load for whatever Saturday has in store for us. So come on out Friday, March 29th at 1:00 for a special edition TGIF ride and help us kick-off the weekend!



Pat & Loren.

Parties and Special Events, 2013 Season

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

Sunday, March 17	St. Patrick's Day Ride
Friday March 29	1PM Start time for Elma Day Ride
Sunday, April 21	Trash & Treasure Ride
Sunday, May 12	Betsy's Mothers' Day Party
Saturday, May 18	3PM Start time for The Plank
Saturday, May 25	Members Memorial Rides (including a century)
Saturday, May 27	Jim & Kathy's Party Ride
Saturday, June 15	Multiple Choice (including a century)
July 10-14	Club Trip, Belleville Ontario & Prince Edward County
Sunday, July 21	Lake O Century
Sunday, July 28	Linc's Party Ride
Sunday, August 4	CanAm Rides (Century , Metric, 35)
Saturday, August 10	Swank's Party Ride
Sunday, August 25	Club Picnic
Sunday, September 8	Welland Canal, Niagara Food Festival
Saturday, September 21	Century Challenge
Saturday, September 28	3PM Start time for Lancaster on the weekend
Saturday, October 5	Fall Trash & Treasure
Friday, October 18	Fall General Meeting
Saturday, October 19	Skulpture Park Bike & Hike
Friday, November 15	Banquet

**July
10-14**

Club Trip: Belleville, ON

Cycle Beautiful Prince Edward County

This July, ride the beautiful shorelines and gentle rolling country hills of Prince Edward County with NFBC. Prince Edward County (technically an island) is located in Southern Ontario roughly half-way between Toronto and Kingston on the northern Lake Ontario shoreline. Alex Setlik has designed this "you show, you go" trip to take advantage of the area's 1st rate biking opportunities. He has reserved rooms for NFBC at the Belleville Travelodge, and will provide cue sheets for the rides. Shoreline riding along the very irregular coastline provides great views of the Bay, scenic harbors, and marinas. The interior roads offer beautiful countryside riding with opportunities to visit the quaint villages of Bloomfield, Wellington, and Picton with wineries, artisan shops, and fine restaurants throughout the area. We'll also ride thru Sandbanks Provincial Park, said to have the largest fresh water sand dunes in the world. We'll use remote starts (10-20 min.) to explore most of Prince Edward County. It's about a 4.5 hour drive to Belleville from Buffalo.



The Rides:

Wed - BAY OF QUINTE: 29 miles, MOD. Kickoff ride is out of Travelodge. Ride over the Bay Bridge to Prince Edward County. Great views. 3:30 start.

Thu - SANDBANKS EXPLORER: 40 or 32 miles, MOD. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Option: SANDBANKS BEACH, 32 miles, MOD. Enjoy the beach after the ride. Start at Sandbanks Provincial Park, \$15 CAD parking fee. 9:30 start.

Fri - WELLINGTON BAY: 49 or 32 miles, MOD. 49 mile ride starts out of Travelodge. Start for 31 miles is at Kente Public School on CR-19, Ameliasburgh (8.5 miles). Start times are 8:30 (49 mi) and 9:00 (32 mi).

Sat - ADOLPHUS REACH: 38 miles, MOD+. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Ride has great views throughout the ride. Rest stop / optional lunch / limited menu / outdoor seating: "County Cider Company" at 25 miles. 9:30 start.

Sun - MOIRA RIVER MEANDER: 30 miles, MOD. Finale ride out of Travelodge. This is a countryside ride North of Belleville. 8:30 start.

Accommodations:

We will be staying at the Travelodge Hotel (previously Ramada Inn) located in Belleville at the Bay Bridge to Prince Edward County. The hotel has a swim thru interconnected indoor / outdoor pool with a huge 135 feet corkscrew water slide and sauna. The hotel has the Windows Restaurant & Bar for dining, and in addition, there's a variety of good, reasonably-priced restaurants a short walk from the hotel. Evening entertainment is available a few steps behind the hotel at the Harbor Club Marina.

Sign up now:

1. Rate for 4 nights is: \$440 CAD, plus tax, for non-smoking with 2 queen beds). Call Travelodge (Belleville) **613-968-3411** or **800-420-3555** to book your room. Reference the Niagara Frontier Bicycling Club, and that the rooms were booked thru Central Reservations. Cancellation is 72 hours prior to 4:00 PM, July 10th.
2. Notify Alex that you have booked a room by emailing: alex.setlik@verizon.net. He will reply with the cue sheet package (no maps).
3. If you want maps in addition to cue sheets, try one of these options: Go to www.ridewithgps.com and register. It's free. Search for group "NFBC" and click on AWS to view the maps. A better print option (\$6.00 for 1 month) for the maps/cues is available. Also, files can be written to your Garmin unit if you have one. Maps are also available on MS Streets & Trips that Alex can e-mail to you *if* you have the MS software to open those files.



Welcome to the new [nfbccom](http://nfbccom.com)

NFBC's webmaster, Ron Penton, is developing an exciting new club web site that will give members an easy, customizable, and feature-packed user experience. Web items we've appreciated in the past are still there—ride information including maps to ride starts, NFBC Newsletters, and other online club resources. New features, particularly the searchable ride database, are already in place, and others, including photos, a searchable membership list, and a bulletin board, will come online gradually as Ron completes them.

In addition to appearance and function, the biggest change most users will recognize is their ability to customize the information they see on the web site. For example, it will be possible to set preferences so that you would only see those rides you were likely to be interested in, perhaps by filtering rides by location, or elevation, or difficulty rating, and so on. You can mark certain rides as "favorites" and choose to see only those rides when you view the web site ride list. You can use the web site to let other NFBC members know which rides you plan to do, encouraging friends to join you. Members will also be able to customize accessibility of their own personal information (eg. address, phone, email, photo tags), deciding what will be available to everyone, to NFBC members only, or to no one!

While many features will continue to be available to

anyone who visits nfbccom, others will only be accessible to NFBC members who have registered on the site. Registration is not yet enabled, but it soon will be. After clicking on the "Register" link, you will be asked for your email address and a password of your choosing. Then you will automatically be sent an email to make certain that you, and not someone else using your email address, have just registered. Click on the link in the email to complete the registration,



and you're set. Think of this extra step as a way to protect club members' personal information.

The web site will work with a number of browsers and mobile devices. It promises to be an exciting technological step forward for NFBC communications. Read the following article to learn about our new webmaster, Ron Penton.

Ron Penton is NFBC's new webmaster

NFBC's new webmaster, Ron Penton, has shared his time and considerable talent to create an exciting new club web site. Ron has been a professional in computing for eleven years, and since 2005 has been involved "in web site development technologies...making back-end intranet sites for banks and later college web sites". The NFBC web site is Ron's first non-work major project, and he says, "even though it was a lot of work, I enjoyed building the club site since I like challenges (perhaps why I started cycling in the first place!) and being able to exercise my creativity as well."



What about NFBC inspired this relatively new member to commit so much time and effort to us? Ron said, "Cycling has made an immense impact in my life over

the last 3 years, allowing me to lose 110 pounds, and rearranging my lifestyle so that I can continue bringing my weight down to where I eventually want it. The club has just been incredible as well. I used to ride my bike to work, 20 miles each way 3-4 times a week, but when my company closed my office and transitioned me into a work-from-home position, I lost that ability, and it prompted me to turn cycling into a social activity by seeking out the club. Unfortunately within my first month in the club, I got hit by a car on a club ride, but I was blown away by how supportive everyone was in the aftermath, even people who I had met for the first time that night. After that I felt like I wanted to show the club the same hospitality it had shown me during that trying time."

When some NFBC members learned of Ron's work experience, they asked him if he would help with the club web site, and he was glad to step up. "I want to thank everyone in the club for giving me this opportunity, and look forward to seeing you on the road this summer."

Setlik, Chase, & Peters lead NFBC in accumulated mileage

At the end of the 2012 riding season, the three NFBC members with the greatest accumulated club mileage had each passed a personal landmark. Alex Setlik with 71,631 miles, Brad Chase with 66,438, and Ed Peters with 61,041 have topped the accumulated mileage charts for many years, and they continue to add impressive numbers to their tallies.

They are all long-time members of NFBC: Brad and Alex joined in 1985, and Ed in 1988. They all love riding and continue to ride with us year after year because they enjoy and value the good company of fellow club members. Ed says, "I enjoy the camaraderie of the bike club. Riding in a group makes one try a little harder, and we have met many interesting people and have made many friends in the club. I also feel it is much safer to ride in a group." Brad adds, "I stick with the club because I still like riding. It's a good way to exercise, and I like riding with other people."

Alex, Brad, and Ed have done a lot more for NFBC than rack up the miles. Each has been very generous in volunteering his time to the club. Brad and Ed have served as NFBC Board Members, an experience that can be rewarding at times, but also, according to Brad, "boring and futile" at other times.

All three top-milers have been regular week-day ride leaders, making a substantial time commitment throughout the season. Brad has led the Monday and Friday morning north rides, Ed the Thursday evening central ride (he won the NFBC Ride Leader of the Year award in 2011), and Alex currently leads the Tuesday morning north ride. Brad says, "... I do it because so few *will* do it, and someone has to do it."

Alex ended up leading one of the earliest NFBC rides he went on, part of the Rainbow Rally out of Niagara Falls, ON. "The leader, Sue Goss (remember the high heel riding shoes?), got confused on the directions, so I volunteered my services and ended up leading the group along the unpaved gorge bike trail on the American side. This was not on the route but everybody enjoyed it." This and similar experiences started Alex designing ride routes, and he has since become NFBC's most prolific ride author with "over 75 week-end rides on the list", as well as the multi-ride cue

sheets for Monday, Tuesday, and Friday morning north rides. Alex has designed rides for many of NFBC's club trips, including what he calls "black box" trips, where, without visiting the location, he has designed the rides using maps and/or other bicycle clubs' resources. Alex has planned this year's club trip to Belleville and Prince Edward County, revisiting the location of an earlier, very successful NFBC trip. These and his other contributions earned Alex the NFBC Outstanding Service award in 2002. He added, "Don't miss the Belleville trip."

In addition to their high NFBC miles, they all do a considerable amount of riding outside of the club. Ed says, "Each year I ride about 2000 miles with the Calloosariders in Fort Myers, Florida, where we have a winter home. I've been riding there for about nine years." Brad rides on his own during the off-season,

"mostly either to Akron or North Tonawanda; both have good places to stop and eat, and it's nice to not to rush." In addition to club rides, Alex does "unscheduled" rides with other club members throughout the year, and on his own he rides straight out of his home: "I'm a tourist at heart and I never get tired of riding." Alex and Ed each estimate

they've ridden over 100,000 miles in their lifetimes. Alex says, "I never keep track of my miles. I find out about my year-end club miles either at the banquet or in the *NFBC Newsletter*."

Don't think all this riding comes easy. Health issues and injuries have affected each of these high milers, but they have clearly persevered. Ed recalls his 2009 accident when he was hit by a car during a club ride in Clarence, and was "airlifted to ECMC and admitted to the ICU with a fractured neck and nose, loss of front teeth, and bleeding on the brain." Thankfully, he recovered from these injuries and their subsequent complications, and was back on his bike the next season (with 2665 NFBC miles!)

To sum up this trio's high mileage achievements using Alex's words, they "... enjoy the rides and members and also, once you stop, you better hang it up."



From left to right, Ed Peters, Brad Chase, Alex Setlik

Make a difference with your bike—ride for a good cause!

Charity rides give us an opportunity to ride for a cause. Through entry fees and fundraising, riders can support worthwhile charities while enjoying well-supported, non-competitive distance rides. Although these rides aren't official NFBC rides (i.e. they don't "count" in NFBC mileage tallies), you can represent the club in a valuable way and use your bike to make a difference. Support the charity and its goals and have a great ride too. In return for some fundraising, you'll enjoy a well-designed and fully supported distance ride with numerous rest stops and sag support. Consider joining one of these three major rides in the Buffalo area.

The 2013 **Ride for Missing Children** will be held on **Friday, May 31**. 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. Rest stops are arranged at schools along the route and riders interact with the



children during an educational entertainment program at each school. There is no fee to ride, but riders are required to raise a minimum of \$300 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.active.com/cycling/williamsville-ny/ride-for-missing-children---buffalo-2013>.

rider's registration fee of \$15 and minimum \$150 raised will support the American Diabetes Association in their efforts in educational outreach, research, advocacy, and support. All of our Tour de Cure routes are safe and fully supported with route marshals, SAG vehicles, mechanical support, and rest stops stocked with hydration and a variety of snacks to keep you fueled. At the finish, you will be welcomed with cheering volunteers, great food, massage therapists, music and more! Go to <http://tour.diabetes.org> and navigate to the Buffalo ride. Then register, and be sure to join our team: NFBC, Niagara Frontier Bicycle Club.

The **Ride for Roswell** will be held on **Saturday, June 22**, 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). All high-traffic intersections along the ride routes are managed by either local Fire Police, or by town, county, or State Police. "Route Guide" volunteers manage other intersections and turns. Rest stops are frequent and stocked with energy foods, water, ice, and other goodies, and are hosted by energetic and enthusiastic volunteers.

There will be opening ceremonies the night before and a party after the ride. To learn more and register, go to

<http://www.rideforroswell.org>.



In its 22nd year, the **Tour De Cure** will be held on **Saturday, June 8**. Rides ranging from 6 to 100 miles begin at Niagara County Community College, and continue through Niagara county country roads, while longer routes include Lake Ontario views. Each

Niagara Frontier Bicycle Club

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News from the NFBC Board of Directors

Riding Season Starting with the 2013 Riding Season, the club will stop recording mileage accumulation on the last weekend ride of the season. In the past, members' mileage through October 31 was counted in the tally. The reason is practical: it's difficult to get the ride sheets in, compiled, and sent to Walt Kammer for calculation in time for the Banquet awards presentation. On the flip side, the "day of the week" rides will be extended up front, beginning April 1 rather than waiting until mid-month.

Ride for a cause This year, the NFBC Board wants to encourage members to participate in some of the "charity rides" by riding on the NFBC team. So far,

Elaine Rubenstein has agreed to be team captain for the Tour de Cure (June 8) while we are still looking for the Ride for Roswell leader (June 22). Teams help to build spirit and group excitement, it's a great feeling to ride with your fellow club members, and it gives NFBC recognition for a worthwhile activity.

Members will get a break The Board has voted to use accumulated NFBC funds to defray part of the cost of this year's CanAm for NFBC members. Treasurer Joe Pizzuto is working on the details now and will be able to announce specific amounts soon.

Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



We ended last season with 484 members, and so far only 100 have renewed. Keep your renewals coming in for the 2013 Season.

Thanks, Roy

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, 2013

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

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