

NFBC NEWSLETTER

Date to Remember

- Sunday March 16, St. Patrick's Day Ride
- Thursday April 1, Day of the week rides begin

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RENEW YOUR NFBC MEMBERSHIP NOW! Application on page 11, or at nfbc.com

www.nfbc.com

The Ride Committee and the 2014 Season

The 2014 Riding Season begins on Sunday, March 16 with the traditional St. Patrick's Ride. The route is flat and not very long (27 or 17 miles) so the challenge, if any, could come from the weather or our wintertime inactivity. Brenda Fischer was drafted this year to be the vice-president, and therefore chair of the Ride Committee. She takes over from Dennis Powell, who took over from Cindy Stachowski who resigned when she moved to Long Island in 2013. "She missed the Friday night rides around Grand Island so much that she thought she would look for a bigger island to try," according to Brenda.



The ride committee, Pat Danaher, Loren Danaher, Brenda Fischer, Dennis Powell, Rebecca Ribis, Liz Skelton and Ron Wakefield, sets each season's ride schedule, recruits ride leaders, prepares the leaders' map/cue packets, works with the *Newsletter* editor and webmaster to get the schedule to members, and resolves scheduling issues throughout the season.

If all that isn't enough, they also work to correct map/cue sheet errors and update them to a standardized format. Brenda says, "We would welcome new members to the ride committee and anyone willing to help with the map updating process. We do not want to change existing rides unless necessary for safety, but we are trying to update the weekend ride cue sheets to fit the standard excel spreadsheet format. We want four columns, Distance, Left or Right Turn, T if applicable and Street Name. Twelve to fourteen point font is usually legible while riding. We are trying to eliminate extra words that make the cue sheets difficult to read safely during the ride".

There is some division of labor on the ride committee. Brenda is in charge of the Master Schedule Spreadsheet while Pat and Loren have taken over preparation of the ride leader packets. Dennis Powell is the scan master and liaison to the webmaster. Rebecca and Liz are overseeing map proofreading and corrections. The committee works to correct known map/cue errors before the ride is used again!

The rides this year include the usual mix of old favorites and new or updated routes. The "day of the week" rides begin April 1. This season's parties and special events are listed on page 7. Two club trips will be offered, with details on pages 4-5. There will be no CanAm this year because there weren't volunteers to fill the key positions on the organizing committee. Instead, this would be a great year to join one of the local charity rides (pages 8-9) on an NFBC team (Tour de Cure, Ride for Roswell) or as an individual (Ride for Missing Children, Bike MS).





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

March 2014 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, Mar 16	11:00	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Mike Dusing 895-6423
Sat, Mar 22	11:00	913	Swormville Day ride	15-30	0	0	St. Mary's Church, Transit and Stahley Rds. Clarence	Peg Walker 741-4616
Sat, Mar 22	11:00	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 23	11:00	902	Como Park Day Ride - (selected based on weather of the day)	15-30	Easy	0	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Brenda Fischer 984-1415
Sat, Mar 29	11:00	901	Clarence Day Ride - (selected based on weather of the day)	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837-0089
Sat, Mar 29	11:00	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 30	11:00	903	Elma Day Ride - (selected based on weather of the day)	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 310-8136
Sun, Mar 30	11:00	914	West Canal Park Day Ride	15-30	0	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd.	Elaine Rubenstein 479-5042
Sat, Apr 05	11:00	922	Lancaster Day Ride	0	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster	Liz Skelton 400-6091

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

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 2014

SUN	MON	TUE	WED	THU	FRI	SAT		
						1		
2	3	4				8		
9	10	11				14	15	
16	17	18				20	21	22
23	24	25				26	27	28
30	31							
St. Patrick's Day Ride								Swormville Day Ride Orchard Pk. Day Ride
Como Park Day Ride					Clarence Day Ride Hamburg Day Ride			
Elma Day Ride West Canal Park Day Ride						Lancaster Day Ride		

Photos from the Annual Spring Meeting, Feb. 21.



July 2-6

Syracuse/Finger Lakes Club Trip



We'll explore the greater Syracuse area and Finger Lakes using the Comfort Inn and Suites in North Syracuse as our home base in this "you show-you go" NFBC trip. Alex Setlik has chosen rides that are diverse in scenery, distance and terrain—truly something for everyone! The Comfort Inn & Suites is conveniently located for the remote starts, and it is a quick 4-mile drive to Armory Square in downtown Syracuse, an historic, architecturally interesting area with diverse eateries, boutique shops, and entertainment.

The Rides

WED – MORMON COUNTRY: 29 miles (MOD). Check out the low rolling glacially formed (drumlin) hills. The ride start is at 10AM at the Hill Cumorah visitors' parking lot on Rt. 21, 2.5 miles off Thruway I-90 exit 43. Lunch stop will be in Newark at the 20 mile mark.

THU – ONEIDA RIVER MEANDER: 42 miles (E-Z). Remote start at Little Caesars / Liquortown Plaza, I-81, exit 31, west on Bartell Rd. (13 miles from hotel). See map for crossover opportunities for a shorter ride. The ride starts at 9 AM.

FRI – SKANEATELES LAKE RIDES: 31/36/40 miles (M-D). Enjoy rolling hills with gradual inclines. The start is at 9:30 AM in Skaneateles (23-mile drive). Park at the Austin Park Pavilion, located at E. Austin & Jordan Streets. This could be great spot for a post ride picnic. The 40-mile ride loops the lake. Explore Skaneateles after the ride. There are restaurants, boutique shops, and swimming at Clift Park.

SAT – VAN BUREN-CROSS LAKE RIDES: 49, 40 and 27 miles (MOD). The ride starts at 9 AM at Van Buren Park, west of Liverpool off I-90 (12-mile drive). There is an optional lunch stop at the Canal Walk Cafe or the Baldwinville Diner.

SUN – OWASCO LAKE: 37 miles (MOD). Easy to moderate cycling. Some level riding with gradual hills. Check out of the hotel and drive to a 9:30 AM remote start in Auburn (35 miles). The start is at Emerson Park on Rt. 437 at the

north end of Owasco Lake. Be sure to visit Fillmore Glen State Park at the South end of Owasco Lake during the ride. It's a beautiful park with swimming facilities. After the ride continue on to Buffalo, about a 2.5-hour drive.

The Hotel

The Comfort Inn & Suites in North Syracuse is non-smoking and conveniently located for quick express highway drives to the ride starts. Armory Square is only a 4-mile drive from the hotel. It is only a 1.5-mile ride from the hotel to the scenic Onondaga Lake Park, one of America's top ten National Heritage Parks. Continue to loop the lake on trail (total 20 miles). The hotel has a large indoor pool, a hot tub, and fitness facility. A complimentary hot breakfast and internet access are included. There is a restaurant on-site. Directions: Take I-90 exit 36 to I-81 South. Stay in R lane and get off at exit 25 (7th North St.). Turn right on Buckley Rd. Hotel is on left.

Reservations

Call (315) 457-4000. Mention NFBC Buffalo, Niagara Frontier Bicycle Club. The rooms have two queen beds and are \$95.00 per night plus 13% tax. Notify Alex Setlik at alex.setlik@verizon.net that you've registered and he'll reply with the ride package (pdf files).



Batavia/Mumford Club Trip

July 18-20

*A great trip in our
own backyard!*



Sometimes the best cycling adventures are close to home. Join Tom Barone on an NFBC touring-style trip along gently rolling country roads highlighted by a visit to the Genesee Country Village and Museum. On the first day we'll cycle from Buffalo to Batavia by way of Akron (lunch at *Mary's Good and Plenty* with time for those who want to see Akron's sights, including the famous Octagon house). Continuing on to Batavia, we'll stay at the Best Western Motel, where Tom has reserved a block of rooms (\$119 for a room with 2 queen beds, \$129 with 2 king beds). The Best Western offers an indoor pool, hot tub, and fitness center, as well as a complimentary hot breakfast and internet access. Most importantly, the rooms are big enough for our bikes! On Saturday we'll cycle from Batavia to Mumford to

enjoy a full visit to the Genesee Country Village and Museum. Focusing on the 19th century, this local gem is a must for anyone with an interest in our nation's early history. The highlight of our trip will be a civil war reenactment, complete with battles and live cannon fire! Saturday night back in Batavia features a group dinner option at *Alex's*, a lively, sprawling restaurant with a diverse menu. On Sunday we cycle back to Buffalo.



This is the time to plan for this *a la carte* style trip with lots of flexibility built in. We still need a sag wagon, someone who is willing to transport luggage and be available during the rides (volunteers?) In the next issue we'll have details for making reservations and joining this club trip. In the meantime, contact Tom Barone (tbarone2@roadrunner.com) with questions.

NFBC Annual Spring Meeting—Plans for the Riding Season

President Linc Blaisdell (1) presided at the annual NFBC spring meeting, held on February 22 at the Harris Hill Fire Hall. Members heard announcements and plans for the coming riding season. Linc read from a report prepared by treasurer Joe Pizzuto, summarizing the club's financial situation. We used cash reserves to reduce the cost of the CanAm and the picnic (free) for members.

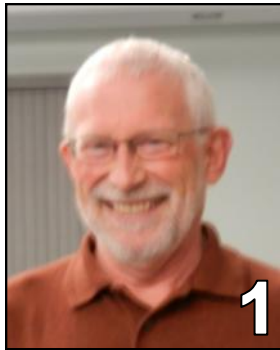
Linc announced that Janice Cochran (2) will hold the newly-created "Bicycling Advocate" position. The Board created the position to keep us informed about issues that affect all bicyclists' right to safely ride on shared streets, and to represent the club at meetings and forums in order to throw our collective weight behind these issues.

Vice president Brenda Fischer (3) and Linc provided an overview of the special events for this year's riding season. NFBC members and invited guests provided information about the local charity rides (given in detail on pages 8-9). Bob Mahaney and Ed Suk (6) spoke about the Ride for Missing Children, Elaine Rubenstein explained about this year's Tour de Cure, Linc talked about the Ride for Roswell, and Ron Stefanski and Kelly Toomey (7) encouraged members to try the Bike MS Southtowns Shuffle.

Alex Setlik (4) talked about the Syracuse club trip he is planning, and Tom Barone (5) described his upcoming Mumford trip. Both trips will be a *la carte* style, with details given on pages 4-5 of this Newsletter. Linc spoke about the non-NFBC trip to RAGBRAI (July 20-26). He has provided the information needed to take the trip on nfbc@yahoo.com; contact him with your questions. Jane Armbruster (8) will again be in charge of the club picnic, which moves to Como Park this year. Kathy Karnath will coordinate the November banquet.

Webmaster Ron Penton (9) told us about recent updates to the NFBC web site. You can now register and pay club dues on the web site. Still in beta testing, Garmin files should be available soon, in addition to the ride maps. A photograph section and members-only forums are now up and running.

The meeting was adjourned, so that members could sign up as ride leaders and enjoy the pizza.



1



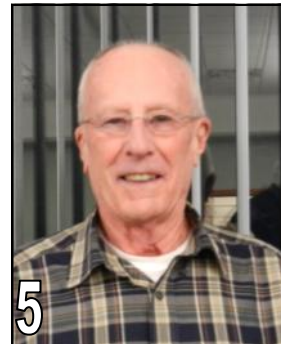
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(Meeting photos on page 3.)

Parties and Special Events, 2014 Season

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

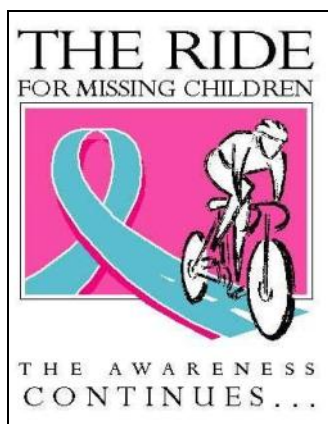
Sunday, March 16	St. Patrick's Day Ride, Season Opener
Friday, April 18	3 PM Start time for Elma Day Ride / Post Ride Happy Hour
Sunday, April 27	Trash & Treasure Ride
Saturday, May 10	3 PM Start time for Sturgeon Point
Sunday, May 11	Betsy's Mothers' Day Party
Sunday, May 25	Members Memorial Rides (including a cen- tury)
Monday, May 26	Jim & Kathy's Party Ride
Saturday, June 14	Multiple Choice (including a century)
July 2-6	Syracuse Club Trip - by Alex Setlik
July 18-20	Mumford Club Trip - by Tom Barone
Saturday, August 2	Tris and Bob's Party Ride
Friday, August 8	Old Grand Island Evening Ride
Saturday, August 16	Lake O Century, Metric and Short (including a century)
Sunday, August 24	Club Picnic, Como Park
Monday, September 1	Kazoo Klassic II / Labor Day Party by Mike Maher
Saturday, September 27	3 PM start time for Lockport Marina
Sunday, October 5	Fall Trash & Treasure
Monday, October 13	Ebenezer Scootch
Saturday, October 18	Skulpture Park Bike & Hike
Sunday, October 26	Como Park Cider Ride
November, date TBD	NFBC Banquet

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

This is a great year to try a charity ride. By joining an NFBC team or riding as an individual if we don't have a team, you are publicly supporting our club and the charity, while showcasing safe, recreational bicycling in our community. Second only to scheduling and conducting rides, our club's constitutional purpose is to promote the sport of bicycling, to cooperate with other groups with this intention, and to educate people about the benefits or rewards of cycling as well as the principles of safe cycling. Representing the NFBC in one of our local charity rides is a great way to accomplish this!

In most charity rides you can choose your distance for comfort or challenge and expect a very well-supported ride (sag, plenty of well-stocked rest stops) and a picnic and entertainment at the end. These cycling events are fund-raisers, so participants must raise money for the supporting charity before they can ride. For those who track their club mileage, charity rides don't count in their NFBC total. Still, if you support the charity and its goals, the ride can be an uplifting experience. This season, ride for a good cause!

There are four local charity rides that NFBC members have participated in over the last few years. Information needed to join in is provided here.



The 8th Annual Ride for Missing Children

Date: Friday, May 30

Start/Finish: ECC North

Fundraising minimum: \$300 (\$250 in some special situations)

Learn more/Register: <http://www.rideformissingchildrenbuffalo.org>

Phone contact: (716)842-6333

Bicyclists ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mph 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.



Tour de Cure

Date: Saturday, June 7

Start/Finish: Niagara County Community College

Registration Fee: \$15

Fundraising minimum: \$200

Learn more/Register: <http://main.diabetes.org/goto/NFBC>

Phone Contact: (716) 835-0274 x3705

In its 23rd year, the Tour De Cure is sponsored by the American Diabetes Association to support diabetes research, education, and advocacy. This year's rides range from 6 to 100 miles, all beginning at Niagara County Community College. New this year is a 30-mile Niagara Falls Scenic Ride heading towards the Falls on a flat, scenic route. When you register, be sure to join our team: NFBC (Niagara Frontier Bicycle Club). Contact team captain Elaine Rubenstein (elaine_rubey1@yahoo.com) with any questions. Tour de Cure is more than just a cycling event. It's a life-changing event. Expect a day full of fun and excitement where riders of all levels join with the American Diabetes Association in the fight to stop diabetes. At the finish, you will be welcomed with cheering volunteers, great food, massage therapists, music and more! So take the Ride of Your Life and sign up today!

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



Ride for Roswell

Date: Saturday, June 28

Start/Finish: University at Buffalo, Amherst campus

Registration Fee: \$20

Fundraising minimum: \$200 (\$350 for the 45 mi. route)

Learn more/Register: <http://rideforroswell.org/>

Phone Contact: (716) 843-7433

The Ride for Roswell supports the Roswell Park Cancer Institute and its core mission to understand, prevent, and cure cancer. Ride routes range from 3 to 104 miles, with everything in between. A special 45 mi. route is reserved for the best fundraisers. Now in its third year, the Friday night Opening Ceremony is a celebration of survivors, patients, and the Roswell Park heroes fighting for a cure! Of our local charity rides, Ride for Roswell draws the largest number of participants, expecting 8000 riders this year. When you register, join the NFBC Team. Contact team captain Linc Blaisdell (linc43@roadrunner.com)

with any questions. There will be opening ceremonies the night before and a party after the ride. Not a rider? Can't make it to UB? Fundraise as a Virtual Rider! If you can't get on a bike or make it to UB that day, register and fundraise as a [Virtual Rider](#).



Bike MS Southtowns Shuffle

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1st time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP)

Learn more/Register: http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry

Phone Contact: (800) 344-4867 x 70332

Enjoy a one-day cycling adventure with 150 of your closest friends. Choose your challenge: route options for all cycling abilities! Rides range from 15 to 100 miles through the beautiful Southtowns of Western New York and to popular Buffalo-centric landmarks. The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. The MS Society funds more MS research, provides more services to people with MS, offers more professional education and furthers more advocacy efforts than any other MS organization in the world. The Society is dedicated to achieving a world free of MS. After you cross the finish line, enjoy a wonderful evening celebration with great food, music, beverages, massage tent, and fun games. Bike MS will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. Don't just ride, Bike MS.

Niagara Frontier Bicycle Club

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Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

Feb 28th, 2014 is the last day of your 2013 membership.
You can renew your membership in the club by sending a check
to me with the signed membership form.

The membership form is located on page 11 of the Newsletter, or online at: <https://nfbc.com/Assets/Documents/NFBC%20Membership%20Application%202011.pdf>

You may also use a credit card to renew on the NFBC website. <http://www.nfbc.com/> .

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@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.

March, 2014

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



3687 WALDEN AVE. LANCASTER, NY 14086 716.651.9995

SALES & SERVICE 

Cycles Plus

Repairs All Makes & Models : Bicycles & Related Parts

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