

NFBC NEWSLETTER

Dates to Remember

- Sunday, March 15
St. Patrick's Day Ride
- Wednesday, April 1, Weekday Rides Begin
- April 3, there will be a **SPECIAL 3pm** ride start for the Elma Meadows ride.

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www.nfbc.com

LET THE 2015 SEASON BEGIN !!!!

WHAT TO LOOK FORWARD TO THIS YEAR

- Two Century Rides
Shorter options will be available in conjunction with the century rides.
- Four Party Rides
- Club Trip
- Club Picnic
- Two 3pm "Dinner" Rides
- Blast from the past - Old Grand Island Friday Ride
- Trash and Treasure
- Club Banquet
- And, of course, the usual schedule of outstanding rides throughout Greater Western New York, including some new ones.

Something else to expect from the club this year will be an emphasis on ride safety. The NFBC had a significant uptick in riding accidents last year. You will hear (and read) more throughout the year regarding strategies that will help make our rides safer.





March 2015 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, Mar 15	11:00	006	St. Patrick's Day Ride	27/17	Easy		Ellicott Creek Island Park (off Niagara Falls Blvd. on Creekside), Tonawanda	Mike Dusing 895-6423
Sat, Mar 21	11:00	913	Swormville Day Ride	15-30	Easy		St. Mary's Church, Transit and Stahley Rds., Clarence	
Sat Mar 21	11:00	903	Elma Day Ride	15-30	Diff		Elma Meadows Park, Girdle and Rice Rds., Elma	Loren Danaher 310-8136
Sun, Mar 22	11:00	914	West Canal Park Day Ride	15-30	Easy		West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd., Pendleton	
Sun, Mar 22	11:00	917	Orchard Park Day Ride	15-30	Diff		Parking Lot behind Municipal Building, Main and Quaker (Rt. 277 and 20A), Orchard Park	Frank Soltiz 574-6199
Sat, Mar 28	11:00	902	Como Park Day Ride	15-30	Easy		Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Marty Payne 997-9324
Sat, Mar 28	11:00	305	Maple Country Ride	35/ 23	XD/ Mod	3100/ 1500	Municipal Lot off Church St. in Arcade. From SR16, go 2.8 miles east on SR39. Turn L on Church. Parking Lot is one block on the right.	Ron Wakefield 877-2140
Sun, Mar 29	11:00	925	Amherst Museum Day Ride	15-30	Easy		Amherst Museum, Tonawanda Creek S at New Rd., Amherst	
Sun, Mar 29	11:00	918	Hamburg Day Ride	15-30	Mod		Parking Lot behind fire hall across from 44 Long Ave., Hamburg	Pat Danaher 310-8136

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

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Mike Dusing, 895-6423
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 688-2968
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Peg Walker, 741-4616
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

MARCH 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 St. Patrick's Day Ride	16	17	18	19	20	21 Swormville Day Ride Elma Day Ride
22 West Canal Day Ride Orchard Park Day Ride	23	24	25	26	27	28 Como Park Day Ride Maple Country Ride
29 Amherst Museum Day Ride Hamburg Day Ride	30	31				

The recurring day-of-the-week rides are indicated in italics.
Weekend Rides (schedule on page 2) start at 11AM this month.

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 powell.dennis.j@gmail.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!



NFBC SPECIAL EVENTS 2015

Sun Mar 15	St. Patrick's Day Ride Season Kickoff
Sat Apr 25	Spring Trash and Treasure
Sat May 09	3pm Sturgeon Pt. Ride and Dinner
Sun May 10	Betsy's Mother's Day Ride
Sun May 24	Member's Memorial Century
Mon May 25	Jim and Kathy's Party Ride
Thu Jul 09	Club Trip Finger Lakes July 9-13
Fri Jul 24	Old Grand Island Evening Ride
Sat Jul 25	Linc's Party Ride
Sat Aug 08	Swank's Party Ride
Sat Aug 15	Lake O Century
Sat Aug 29	Club Picnic Como Lake Park
Mon Sep 07	Labor Day Party Ride Kazoo Klassic
Sat Sep 26	3pm Lancaster On the Weekend and Dinner
Sun Oct 04	Fall Trash and Treasure
Sat Oct 10	Skulpture Park Bike and Hike
Sat Oct 31	Season Finale Como Park Cider Ride
Nov ??	Club Banquet

NFBC Club Trip Waterloo/Seneca Falls July 9-13, 2015

- by Cindy Adams

In tribute to Alex Setlik, the 2015 club trip he envisioned will come to fruition. In addition to the five scheduled club rides, the Finger Lakes region offers cyclists a wonderful opportunity to tour the beautiful countryside, visit quaint towns and explore wineries. With the help of those interested, a picnic and a Wine and Cheese Social will be offered.

A block of rooms have been reserved at the Holiday Inn (315-539-3290) in Waterloo, N.Y. for July 9-13. The deadline to make room reservations at the special rate of \$125 per night, plus 11% tax, is 6/9/15. Rooms include refrigerator and microwave, with a 24 hour cancellation policy. Give the code of NFB when making your reservation. Notify me, Cindy Adams that you have booked a room by emailing: cynthia12@roadrunner.com. I will reply with the cue sheet package. A pre-trip meeting will be held in June to review schedule and answer questions.

Tentative Scheduled Rides:

Sodus Point/Chimney Bluff (31 miles M-D, 1290 ft.; several rolling hills, few with short steep inclines): This ride includes a view of a dramatic rock formation that towers over Lake Ontario at this park with scenic woodland and beach trails. Ride begins at Sodus Point Beach Park, at 10:00 a.m. (2 hrs. drive from Buffalo).



Dramatic spires at Chimney Bluffs on Lake Ontario

Seneca-Cayuga Shores (48 mi, M-D, 1415 ft.): Ride the shores of Seneca Lake through Sampson State Park and return along the shores of Cayuga Lake. A shorter option is **Cayuga Wine Trail** (30 miles Mod, 700 ft.). Several wineries are along the route of both rides, including a rest stop at Knapp Winery & Restaurant. Rides start at 9:00 a.m. out of Holiday Inn.

Union Springs-Aurora (37 miles M-D, 1225 ft.; level stretches with several rolling hills). Start at Union Springs Central School on SR-90 (16 miles) at 9:00 a.m. Ride the scenic NYS byway route 90 through Aurora (home of Wells College), and Long Point State Park. Ride also goes by Long Point Winery and King Ferry Winery.

Town & Country Tour (38/30 miles Mod, 1100/940 ft.; gently rolling hills). Start at 400 West North Rd. School in Geneva (10 miles) at 9:00 a.m. Enjoy the beautiful farm landscapes of Ontario County. Ride also goes down S. Main St. in Geneva, called "the most beautiful old Colonial thoroughfare outside New England".

Montezuma Wildlife Refuge (32 miles Mod 825 ft.; level stretches and low hills). Ride starts out of Holiday Inn.



Overlook at Montezuma Wildlife Refuge



NFBC New Member Questions

What are the 'Day' Rides in the March Weekend Schedule?

You'll notice there are rides named "Orchard Park Day Ride" or "West Canal Day Ride" in the weekend schedule. These Day Rides are routes that are used from those starting points by the folks who offer the weekday rides, morning and evening. The ride committee inserts these into the weekend schedule in the early part of the year to:

1. Allow folks who can't usually make the weekday ride the opportunity to experience it.
2. Not waste a designated weekend tour ride from our inventory in the early spring. With spring having generally cooler, wetter weather, rides are more likely to get canceled. The routes used for a weekday ride will usually be repeated during the course of the season, so should the ride get rained out, riders will get another chance to ride the route later in the year. Weekend rides are seldom repeated in the same year. If a cancellation occurs because of wet weather, the route won't be offered on the schedule until the next year.
3. Instead of offering a weekend ride with fixed distance (or maybe two fixed distances), there is more flexibility from pulling from the weekday ride inventory to suit the weather for that day. Cold and windy, go with a short ride. Sunny and warm, one of the longer options can be selected.



Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

Feb 28th, 2015 was the last day of your 2014 membership. To renew your membership for 2015, you can go on line and pay dues with a credit card at <https://nfbc.com/Apply> and click on the PayPal logo at the bottom of the page.

You can also use the membership form on page 11 in this newsletter. Fill it out and send it to me with your check.

Thanks,
Roy

BICYCLE RIDES FOR CHARITY

Charity rides are a great way to enjoy your favorite pastime and give something back to the community. The NFBC runs 'teams' in the Tour de Cure ride for diabetes and the Ride for Roswell, which benefits Roswell Park Cancer Institute in Buffalo. These rides are typically well supported with refreshment stops along the routes and SAG support, in case you or your bike break down. For those who wish to challenge the "century" mileage of 100 miles, or even the "metric century" of 62 miles (100 km) for the first time, the charity rides allow a great opportunity for you to succeed with these distances. More importantly, your fund raising and participation in an event provide a great amount of much-needed financial assistance to the charity sponsoring the event.

Below are some of the charity rides to be held this year in our area. If there are others that have been overlooked, send an email to the editor and we'll try to get them mentioned in future Newsletters.

Linc Blaisdell (linc43@roadrunner.com) is the captain for the NFBC Ride for Roswell team.

Elaine Rubenstein (elaine_rubey1@yahoo.com) is the captain for the NFBC Tour de Cure team.

Bob Mahaney (mahaney@austinair.com) can be contacted regarding the Ride for Missing Chil-

Some Local Charity Rides 2015	
Sat, May-16	Niagara Hospice Gran Fondo http://hospicegranfondo.com Benefits Niagara Hospice
Fri, May-29	Ride for Missing Children http://www.rideformissingchildrenbuffalo.org Funds raised are used for prevention programs and public awareness of the plight of missing and exploited children
Sat, Jun-6	Buffalo Niagara Tour de Cure http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?fr_id=10196&pg=entry Funds raised are used for research and education regarding diabetes
Sat, Jun-27	Ride for Roswell http://rideforroswell.org Benefits Roswell Park Cancer Institute
Sat, Aug-8	Bike MS http://bikenyr.nationalmssociety.org/site/TR?pg=entry&fr_id=25870 Monies go towards research and education regarding Multiple Sclerosis
Sat, Sep-19	Tour de Teddi http://www.tourdeteddi.org Benefits Camp Good Days of Greater Rochester

NFBC Board Meeting Minutes

Minutes NFBC Board Meeting

12NOV2015

Attendees:

Linc Blaisdell
Brenda Fisher
Liz Skelton
Dennis Powell
Ron Penton
Jack Rimlinger
Joe Pizzuto
Frank Soltiz
Roy Tocha
Elaine Rubenstein

Absent:

Ian Currie
Cindy Adams

NOTES

- Review of last meeting's minutes.
- Club newsletter: Dennis Powell will be the editor going forward.
- Discussion of policy regarding deceased members and how to remember them. Historian Jim Vozga doesn't want to take on the task of compiling a history for Alex. Brenda advised that the club is getting some boxes full of Alex's papers/rides. She will look thru it and decide what to keep.
- Joe P read the Treasurer's Report
- General Meeting will be held 2/20/15 at Harris Hill Fire hall. the meeting agenda will include:
 - Brenda will speak about the rides and some ride packets will be available for leaders/members to take.
 - Various speakers will talk about "cause rides"
 - Discussion of club trip to the Finger Lakes; Cindy Adams will take over the club trip that Alex had proposed; Dennis suggested that he might also propose a club trip himself.
 - Liz will arrange food for the meeting
- Ride committee will be meeting soon to determine the year's ride schedule, as well as dates for party rides, the club picnic, etc.
- Leader needed to take over Alex's Tuesday weekday ride -- Joe Pizzuto will take it.
- There is some interest in re-energizing the Can Am; Linc will see if Go-Bike would collaborate with us; Linc asked for volunteers to act as consultants. Target date would be the second week of August 2016. Discussion of several variations of century rides (club-only / supported) or with Go Bike Buffalo, along the shores of Erie and Ontario.
- Discussion of membership letter: how to update and improve it. Dennis will draft a revised version of a new membership letter; Brenda and Jack will review and make suggestions.
- Discussion of ride mileage collection and how it should be done. Rob Nowicki has volunteered to assist; Linc will train Rob to take over his portion of the process.
- Discussion of how to improve safety and assuring that everyone who rides with NFBC is a paid member. Jack suggested a sheet in the ride map packet which highlights safety and membership announcements to be made by the ride leader before the ride start.
- Most accidents in 2014 season were paceline-related. Suggestion to put articles in the newsletter and on the website about how to ride safely in pacelines. Linc suggested an educational event for new members to teach safe riding practices. Linc will solicit suggestions from the board as to what should be included in safety training for new members.

Meeting adjourned at 9 PM

Respectfully submitted,

Liz Skelton

Secretary, NFBC

Editor's Spin

Hello, NFBC. This is my first Newsletter for the club. Elaine Rubenstein, who has done such a marvelous job getting our newsletter out for the past 5 years, has passed pen and inkwell to me so she can pursue other things that don't seem so much like a regular job. Probably one of the scariest things about taking over from Elaine is maintenance of the quality that each and every one of her Newsletters showed. Few people know how much behind-the-scenes work go into each issue. Elaine was a stickler regarding accuracy, but was also adamant about getting the Newsletter out on time. There is much newsletter content that the editor needs from others, such as the ride schedule, party ride information, committee information and membership information, in order to produce the final copy. I know when I was VP and head of the Ride Committee, there was often that gentle prodding email asking for something promised for the new edition that I was late in getting to her. Curiosity led Elaine to research and produce

articles of interest to the club, such as cross training for cyclists, how to choose bike shorts or, from her science background, interesting statistics about our rides and club. Elaine put heart and soul into our little paper. I'll do my best to conform to the high standards Elaine set during her editorship and try to not have you miss Elaine's work too much.

Dennis Powell (already dreading those deadlines)



Niagara Frontier Bicycle Club

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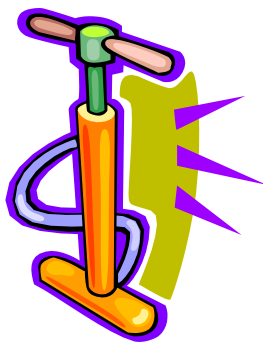
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NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address Address Change? Yes No

City State Zip Code Phone Cell

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
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.
 - "Holes": 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.

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wheelworks

— Let the Ride Decide —

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