

NFBC NEWSLETTER

March 2016

We ride every day!

Volume 47, Issue 2

Dates to Remember

- March 13
St. Patrick's Day
Season Kickoff
Ride
- March 25 - Special Elma Meadows Friday Ride

Inside this Issue

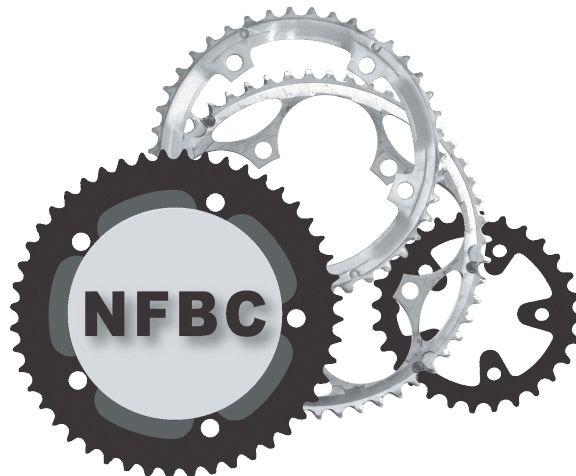
Schedule	2
Calendar	4
2016 Events	5
Board Minutes	6
Board Election	7
Special Rides	8

www.nfbc.com

LET THE 2016 RIDING SEASON BEGIN!

WHAT TO LOOK FORWARD TO THIS YEAR

- Return of the Can Am Weekend (organized by Go Bike Buffalo)
- Four Century Rides (including the Can Am ride)
- Club Trip
- Club Picnic
- Two 3pm "Dinner" rides
- A special edition Friday ride, featuring the non-stop 24+ mile loop of Grand Island
- Spring and Fall Trash and Treasure
- Club Banquet
- Of course, the usual schedule of rides, some classic, some new, covering great roads for bicycle riding in Western New York





March 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, Mar 13	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Elaine Rubenstein 633-2133
Sat, Mar 19	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 19	11:00 AM	903	Elma Day Ride - (selected based on weather of the day)	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Pat Danaher 310-8136
Sun, Mar 20	11:00 AM	914	West Canal Park Day Ride	15-30	0	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd.	Jim Karnath 688-2968
Sun, Mar 20	11:00 AM	917	Orchard Park Day Ride	15-30	0	0	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 &	Frank Soltiz 937-6924
Fri, Mar 25	3:00 PM	903	Elma Day Ride - (selected based on weather of the day)	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 430-1600
Sat, Mar 26	11:00 AM	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	Don Crane 901-1619
Sat, Mar 26	11:00 AM	918	Hamburg Day Ride	15-30	0	0	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 863-7333
Sun, Mar 27	11:00 AM	713	Darien Lake State Park	38 / 30	Easy	1100/750	Westwood Park, Erie St & Pavement Rd., Lancaster	Carl Mach 685-0832
Sat, Apr 02	11:00 AM	922	Lancaster Day Ride	0	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave.,	
Sat, Apr 02	11:00 AM	228	Four Way Split	35 / 24	MD/Mod	1650/800	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 &	
Sun, Apr 03	11:00 AM	925	Amherst Museum Day Ride	15-30	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	
Sun, Apr 03	11:00 AM	905	East Aurora Day Ride	15-30	0	0	Hamlin Park (south parking lot), S Grove St	

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

DAY OF THE WEEK RIDE SCHEDULE (Recurring rides start in April)

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., Swarmsville (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	Leader Needed
	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 Bob Silkes 688-6246
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 2016

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

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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 2016

Sun. Mar. 13	St. Patrick's Day Ride 2016 Season Kickoff
Sat. Apr. 23	Spring Trash and Treasure
Sat. May 7	3 PM Sturgeon Point Spring Dinner Ride
Sun. May 8	Betsy's Mother's Day Ride
Sun. May 29	Member's Memorial Century
Mon. May 30	Jim and Kathy's Party Ride
Sat. June 18	Century Challenge
Fri. July 15	Old Friday Grand Island Ride
Sun. July 17	Bob and Tris' Party Ride
Thurs. July 21	Club Trip to Corning July 21 - 24
Sat. Aug. 6	Graycliff or Can Am Architectural Rides
Sun. Aug. 7	Can Am Ride
Sun. Aug. 14	Lake O Century
Sun. Aug. 28	Club Picnic at Como Park
Mon. Sept. 5	Kazoo Klassic Labor Day Party Ride
Sat. Sept. 24	3 PM Dinner Ride (possibly from Pendleton)
Sun. Oct. 2	Fall Trash and Treasure
Sun. Oct. 16	Skulpture Park Hike and Bike
Sun. Oct. 30	Como Park Cider Ride 2016 Season Finale
Nov. ???	Club Banquet

NFBC BOARD MEETING MINUTES

Minutes NFBC Board Meeting

15JAN2016

Attendees:

Linc Blaisdell

Brenda Fisher

Liz Skelton

Roy Tocha

Ian Currie

Joe Pizzuto

Dennis Powell

Jack Rimlinger

Frank Soltiz

Absent:

Cindy Adams

Ron Penton

NOTES

- Joe P read the Treasurer's Report
- Annual contributions to Churches & Amherst Museum for use of their parking lots (Liz)
- Deposits for 2016 banquet (Pearl St Grill; Kathy K is chair) and picnic (at Como Park); discussion of possibly using another venue for the 2017 picnic.
- Club insurance thru League of American Bicyclists. Dennis & Brenda will attend a webinar to get details of how the club officers and ride leaders are protected from lawsuits, and whether we should be sending accident reports to the League
- Facebook policy--is it posted on the site? --need Ron Penton input; Linc will call Ron and let Board know via email. UPDATE: Linc checked site--policy is posted under Description.
- Newsletter - discussion of timing for replacing the paper newsletter with a website-based information center--use of "bulletin board" on the website instead. Need Ron input on website capabilities; Linc will follow up with him.
- Non-renewing riders: discussion of how to catch those who repeatedly ride with the club & do not pay dues. Brenda & Dennis described a way to find them early in the riding season (May?) and what to do about them.
- Nominating Committee for elections in the Fall; Ian will be the Board Member representative for that committee; discussion of possible committee members & the process for choosing them.
- Club Trip - Cindy Adams is proposing a trip to Corning NY--7/21 or 7/22 thru 7/24
- Letterhead - updating it to include the new gears logo - Brenda will do it.
- Safety focus for 2016: need member feedback on cue sheet errors; unsafe habits by some riders.
- Discussion of how to help new members: suggestions of which rides to recommend to new members.
- The New "Can-Am" will be the first weekend in August. Being managed by Go Bike Buffalo with NFBC guidance.
- NFBC Spring General Meeting will be held Friday 2/26/15 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.
 - Possible club trip announced.
 - Charity Rides will be announced; teams for NFBC.
 - Candidates for Board positions.
 - The New Can-Am announcement.

Respectfully submitted,

Liz Skelton, Secretary

NFBC BOARD

Members should know that club management consists of elected officers (President, Vice President, Treasurer and Secretary) as well as 5 elected board members who work to keep the club in line with its constitutional purpose, that of promoting enjoyable and safe recreational bicycle riding in our area. (Note, two other Board members, Membership Chair and Newsletter Editor, are appointees.) Elected Board members serve for a two-year term. So if you aren't getting enough of politics in our national news, here is something to add to the fun: Your NFBC Board is up for renewal.

Linc Blaisdell has been serving as President for quite a number of years. While he would be able to continue in this capacity going forward, he would like to step aside and allow someone else the chance to fill that position. There are, additionally, Board members who have stated they will not continue past this year.

Ian Currie has graciously accepted being head of the nominating committee for the open positions. If you would like to take a turn at serving in one of these posts, consider getting in touch with Ian. His contact info is near the end of this newsletter. Also, check out the Constitution and By-Laws in 'Documents' on the NFBC web site to see how the club is structured. Voting, if it comes down to that, takes place at the fall General Membership meeting.

All members should consider a term on the Board. It's a great way to gain insights on how the club works and, if you've a mind, promote your ideas for enhancing everyone's experience in the club.

Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

Feb 29th, 2016 is the last day of your 2015 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.

You can also renew with a credit card on the NFBC website, <http://www.nfbc.com/> (click on "Membership" at the top of the page), using PayPal to authorize your credit card purchase (no PayPal registration required).

Thanks,
Roy

March Rides of Special Interest

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! Loren and I look forward to again be hosting the weekend kick-off and 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 25th at 3:00** for a special edition TGIF ride and help us kick off the season!

Come on out,

Pat and Loren

RIDE LEADER NEEDED FOR 2016

The NFBC is looking for a ride leader to lead rides out of the Buffalo Niagara Heritage Village Museum (formerly Amherst Museum) at Tonawanda Creek South and New Rds in Amherst. This is a Thursday evening ride that runs from April through September every week. Marty Viggato has been doing variations (different locations/days) of this ride for 7 years and will be stepping down. There are an established set of very nice routes for this ride start and the NFBC Ride Committee can assist with setting the ride leader up for ride leader duties. Note that having co-ride leaders for a ride can work well, so partner up with someone if you can't be at the ride start every week.

Contact Brenda Fischer (contact info at end of this newsletter) if you are interested.



Support the Local Bike Shops that support your NFBC



Bert's
BIKES & FITNESS
Bertsbikes.com

*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training
jjansen@bertsbikes.com

Main Office: 4050 Southwestern Blvd.
Orchard Park, NY 14127
Phone: 716-646-0028
Fax: 716-646-3629

Tonawanda: 1550 Niagara Falls Blvd.
Tonawanda, NY 14150
Phone: 716-837-4882
Fax: 716-837-1307

Williamsville: 7510 Transit Rd.
Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1139

Henrietta: 100 Jay Scutti Blvd.
Henrietta, NY 14623
Phone: 585-424-2777
Fax: 585-424-7492



**DAN PARK
HEAD HONCHO**

Chain Ring Rhythm
245 Main Street
East Aurora NY
14052

chainringrhythm.com
Store (716) 714-5952
Cell (716) 866-1560

like us on
the facebook 

SALES & SERVICE



Cycles Plus

Repairs All Makes & Models • Bicycles & Related Parts

9059 Main St.
Clarence, NY 14031
(716) 626-1419
www.cyclesplusonline.com

Michael & Heather Trost

BIKESHOP EST. 2004

576 MAIN ST. EAST AURORA, NY **655.2916**
259.9463 145 SWAN ST. BUFFALO, NY



Tom's pro bike
www.tomsprobike.com

Tom Lonzi
President

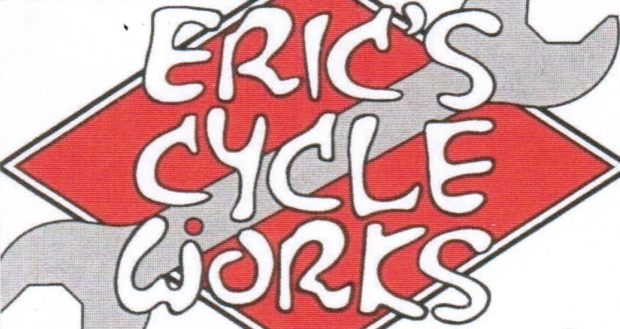
3687 Walden Avenue
Lancaster, New York 14086
716.651.9995
tlonzi@tomsprobike.com



716-835-0334
685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223
(Corner of Englewood & Starin)
E-Mail: contact@handlebarscycleco.com
Website: handlebarscycleco.com

campus
wheelworks

— Let the Ride Decide —



**ERIC'S
CYCLE
WORKS**

Eric Barlow 716.649.8590

<https://www.facebook.com/pages/Ericks-Cycle-Works/155835861117344?ref=hl>



Graphic courtesy Bob Ehrheart

Niagara Frontier Bicycle Club

Board of Directors

President

Lincoln Blaisdell (479-9431)
4715 Ransom Road
Clarence, NY 14031
linc43@roadrunner.com

Vice-President

Brenda Fischer (984-1415)
11 Lake Forest Parkway
Lancaster, NY 14086
brendafischer99@yahoo.com

Secretary

Liz Skelton (400-6091)
38 Brandel Ave
Lancaster, NY 14086
brightbluesky9@aol.com

Treasurer

Joseph Pizzuto (982-4142)
147 Frontenac Ave.
Buffalo, NY 14216
jpizz147@yahoo.com

Board Members

Cindy Adams (308-0774)
55 Rehm Rd.
Lancaster, NY 14086
cynthia12@roadrunner.com

Ian Currie (601-7390)
162 Nichter Road
Lancaster, NY 14086
Ian63@roadrunner.com

Dennis Powell (691-6233)
95 Briar Hill Rd
Orchard Park, NY 14127
powell.dennis.j@gmail.com

Jack Rimlinger (741-8512)
70 Blacksmith Dr.
E. Amherst, NY 14051
jackrim49er@gmail.com

Frank Soltiz (937-6924, Cell
574-6199)
597 Bauder Park Dr.
Alden, NY 14004
fsoltiz@aol.com

Membership Chairperson

Roy Tocha
11 North Eaglecrest Drive
Hamburg, NY 14075
rrtocha@yahoo.com

Newsletter Editor

Dennis Powell (691-6233)
95 Briar Hill Rd
Orchard Park, NY 14127
powell.dennis.j@gmail.com

Bicycling Advocate

Janice Cochran (837-0402)
19 Carmen Rd.
Amherst, NY 14226
jcochran@buffalo.edu

Club Historian

Jim Vozga (462-0200)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

Newsletter Circulation

Brigitte Soltiz
bsoltiz@gmail.com

Webmaster

Ron Penton
webmaster@nfbc.com

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@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:

1. 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.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. 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.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. Riders should communicate with other riders by calling out and announcing the following:

• "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders

• "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.

• "Single Up"- telling the group that riders need to be riding single file

• "Car Left or Right"- warning riders at intersections or other places that a car might enter the path

• "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.

• "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.

• "Road Kill"- warning riders there is a dead animal in their path.

• "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.

• "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.

• "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

Niagara Frontier Bicycle Club
P.O. Box 211
Buffalo, New York 14226-0211

