

NFBC NEWSLETTER

Dates to Remember

- March 1 - Membership Dues for 2017 are due.
- March 12 - St. Patrick's Day season kickoff ride

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The 2017 Cycling Season is Here

Another great cycling season begins. The NFBC Ride Committee has put together a great schedule of your old favorites, a little new stuff and fixes for rides that, well, needed fixing.

We start off with the St. Patrick's Day kickoff ride out of Ellicott Creek Park. Be sure to mind the 'spring ahead' to Daylight Saving Time Sunday morning or you'll be 1 hour late for the ride start.

You'll see a lot of 'Day Rides' on the weekend schedule early in the season. These rides feature the routes used on the weekday evening rides. It is a chance to showcase some of these routes for those who, for whatever reason, cannot make it to those rides on the weekday. It also allows for some flexibility for the ride leader to make an on-that-day decision on what route to offer, depending on the iffy spring weather.

Some of the 'party' rides this year are Betsy Dexheimer's Mother's Day party ride, Jim and Kathy Vozga's Memorial Day party ride, Linc and Millie Blaisdell's party ride and the Labor Day party ride at Mike and Joanie Maher's.

There are a few 'special event' rides that will feature something a little extra. For instance, the Maple Country ride returns to the schedule. This ride features a stop at Moore's Maple Shack for all-you-can-eat buttermilk pancakes. Don't worry, it's all downhill to the parking lot in Arcade from there so those pancakes shouldn't upset your tummy on your return.

There is a 'brewery ride' being developed for this year. Details are in the works and will be announced in the appropriate edition of the newsletter.

Remember the 3pm 'Dinner Rides' of the past few years? There were some complaints that by the time you finished the ride and made your way to restaurants, there was a long wait to get seated. For that reason, there will be two **2pm** Dinner Rides this year, one in Spring and one in Fall. Hopefully, restaurants will be able to accommodate a hungry bunch of cyclists in short order with that earlier ride start time.

There are many more items on the schedule, some great favorites, some new, that will be highlighted in the newsletter as the dates for them get closer.

So check those tires, lube that chain and let's get out there. We're the NFBC, respectfully asserting our right to enjoy riding our bicycles on the roads of Western New York.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

March 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, Mar 12	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Jim Kamath 316-6249
Sat, Mar 18	11:00 AM	913	Swornville Day ride	15-30	0	0	St. Mary's Church, Transit and Stahley Rds.	
Sat, Mar 18	11:00 AM	903	Elma Day Ride - (selected based on weather of the day)	15-30	Easy	0	Elma Meadows Park, Girdle & Rice Rds	David Dunkle 359-0690
Sun, Mar 19	11:00 AM	914	West Canal Park Day Ride	15-30	0	0	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd.	
Sun, Mar 19	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	Deborah Mateliano 445-0398
Sat, Mar 25	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	David Dunkle 359-0690
Sat, Mar 25	11:00 AM	918	Hamburg Day Ride	15-30	0	0	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Loren Danaher 430-1600
Sun, Mar 26	11:00 AM	925	Amherst Museum Day Ride	15-30	Easy	0	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek S at New Rd, Amherst	Mohamed Zeid 868-8198
Sun, Mar 26	11:00 AM	905	East Aurora Day Ride	15-30	0	0	Hamlin Park (south parking lot), S Grove St	David Dunkle 359-0690
Sat, Apr 01	11:00 AM	922	Lancaster Day Ride	0	Easy	0	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster	David Dunkle 359-0690
Sat, Apr 01	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 & 20A) Orchard Park	Bill Harrington 667-3793

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



**NFBC
 SPECIAL EVENTS
 2017**

- Sun. Mar. 12 St. Patrick's Day Ride 2016 Season Kickoff
- Sat. Apr. 22 Spring Trash and Treasure
- Sat. May 6 2 PM Sturgeon Point Spring Dinner Ride
- Sun. May 14 Betsy's Mother's Day Ride
- Sun. May 28 Member's Memorial Century
- Mon. May 29 Jim and Kathy's Party Ride
- Sat. June 3 Summer Kickoff Ride - Williston Rd.
- Sat. June 17 Century Challenge
- Fri. July 14 Old Friday Grand Island Ride
- Sun. July 16 Linc's Party Ride
- Fri. Aug 4 Brewery Ride
- Sat. Aug. 5 Graycliff or Can Am Architectural Rides

- Sun. Aug. 6 Can Am Ride
- Sat. Aug 12 Swank's Party Ride
- Sat. Aug 12 Hamburg Century
- Sun. Aug. 13 Lake O Century
- Sun. Aug. 27 Club Picnic at Como Park
- Mon. Sept. 4 Kazoo Klassic Labor Day Party Ride
- Sat. Sept. 23 2 PM Dinner Ride (possibly from Pendleton)
- Sun. Oct. 1 Fall Trash and Treasure
- Sun. Oct. 15 Skulpture Park Hike and Bike
- Sun. Oct. 29 Como Park Cider Ride 2016 Season Finale
- Nov. ??? Club Banquet

NOTE: Above schedule is preliminary. Look for details in Newsletter editions corresponding to events above for further information.

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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	
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.

NFBC SPRING 2017 GENERAL MEETING

On Feb 10, the NFBC held its Spring General Meeting at Tom's Pro Bike in Lancaster. After indulging in food and refreshments provided by Tom's, our new club president, Rob Nowinski, gave a few remarks about how he got into cycling and how he became a member of the NFBC. He, then, got down to some important business involving changes to the NFBC constitution.

First of all, the Constitution was not clear on term dates for elected officers. The board discussed this and came to the conclusion that the terms should start/end on the calendar year boundary. This proposal was put forward to the members at the General Meeting. There were no objections.

Next, membership with the club has always run from March 1 to the end of February. That sometimes causes confusion, so the board proposed to make the annual membership align with the calendar year. This was put to a vote at the General meeting and passed with no objections.

Our Constitution says a rider can ride with the club as a guest for 3 rides before needing to become a member. Our insurance policy, however, allows only 1 guest sign in before needing to become a member. More extensive coverage for 'guest' riders would require 'event' insurance at a hefty increase in cost. The board all agreed that the constitution should align with what the insurance policy covers and proposed to make this change. This proposal, however, drew a lot of objections. Folks who have relatives in from out of town on weekends wanted them to be able to ride the two days without actually joining the club. It was also felt that some folks might need more than one outing to make the decision to join the club. This item was set aside for further research.

Brenda and Pat had the 2017 schedule for ride leaders to sign up for. It was made known that ride leaders (or co-leaders) were needed for the weekly Wednesday night north and Saturday morning breakfast rides.

A special thanks goes out to Tom's Pro Bike for hosting our general meeting.

Minutes NFCB Board Meeting 24JAN2017

Attendees: Brenda Fisher, Liz Skelton, Kathy Karnath, Dennis Powell, Jack Rimlinger, Joe Pizzuto, Michelle Smith, Jen Adolf, Michelle Bates, Rob Nowinski

NOTES

Meeting convened at the Lancaster Library at 6:30

- Discussion of items in the constitution. Members will be asked to vote on all these proposed changes to the club constitution at the next General Meeting.
- Proposal that new board members begin their duties on January 1st (instead of the current March 1st) of the year following their election.
- Proposal that club memberships start January 1st (instead of the current March 1st) and end on the last day of the following December.
- The constitution describes a club Safety Committee, but there is none currently. Rob has volunteered to lead the committee and Joe P volunteered to participate. Members will be solicited at the next General Meeting.
- Proposal to change the constitution to reflect that a guest can participate in a ride only once for free before joining the club, because the club insurance stipulates just one ride.
- Discussion of term limits for the Treasurer and whether the club finances need to be audited. Tentatively, Michelle S will audit the 2017 reports.
- Discussion of dues payments problems with Paypal. It is confirming some people's payments to the payee and not to Michelle. Dennis will assist in resolving payment issues.
- Discussion of the club PO box - Joe P will monitor the box and get the mail. Joe suggested that we keep it until July (when it expires) and then not renew it. Joe says a lot of what shows up in it is junk mail, OR is replicated in an email to the club.
- Discussion of email addresses for the board members only: Dennis will investigate whether we can use "name/position@NFBC.com" on the website.
- Discussion of the treasurer's duties and transfer from Joe to Kathy. Rob met with Joe and Kathy to accomplish this.

Kathy read the current treasurer's report, and will provide copies to the members at the general meetings in February. Kathy will investigate the club's tax status with regards total assets.

- Discussion of letters and donations for the 3 churches and the museum which the club uses for ride starts. I will write the letter and submit an expense report for the donations.
- Discussion of ride calendar for the season. Kathy K volunteered to do a party ride September 23rd. "Dinner" rides will start at 2PM instead of 3PM to facilitate getting into a restaurant after the ride.
- Ron P confirmed as club webmaster for the 2017 season.
- Discussion of members advertising goods and services in the club newsletter. The board voted not to allow it.
- Discussion of gift cards from Tom's Pro: Gift cards given as prizes have an expiration date.
- Bike Safety Advocate is Jan Cochran as liaison with other bicycling and civic groups, to keep the club informed about current issues.
- Discussion of putting the list of members on the website, available only to board members.

The board agreed with Michelle S to print and email club membership cards, instead of printing and snail-mailing them as Roy did. Possibility that membership cards could be accessed from the website.

Discussion of Kathy K proposal that the club award miles to members who do a local "charity" ride as a member of an NFBC team for that ride - issue was tabled for now.

Discussion of the possibility of creating an NFBC flyer to put into Roswell's "goodie" bags. Jennifer will investigate how much that might cost the club.

Discussion of how to deal with members whose membership is not paid up in a timely fashion. Kathy suggested that we notify those members early (June?) in the season, and advise them of the consequences of not paying (member's mileage is not accrued). Jack suggests a personal (paper) letter be mailed to those members for their awareness.

Discussion of whether to have a personal conduct clause added to the club constitution. No resolution at this time.

Respectfully submitted,

Liz Skelton, Secretary

NIAGARA FRONTIER BICYCLE CLUB, INC.													
2016 TREASURER'S REPORT													
	Period ending 1/31/16	Period ending 2/28/16	Period ending 3/31/16	Period ending 4/30/16	Period ending 5/31/16	Period ending 6/30/16	Period ending 7/31/16	Period ending 8/31/16	Period ending 9/30/16	Period ending 10/31/16	Period ending 11/30/16	Period ending 12/31/16	2016 Total
REVENUES													
Banquet	\$34.27									\$500.00	\$2,240.00	\$343.33	\$3,117.60
Can Am											\$653.05		\$653.05
Jerseys													\$0.00
Map Packs													\$0.00
Donation													\$0.00
Membership Dues	\$110.00	\$440.00	\$3,400.00	\$1,175.87	\$1,245.00	\$295.00	\$880.00	\$80.00	\$360.00			\$30.00	\$8,015.87
Picnic													\$0.00
Club Trip													\$0.00
Miscellaneous													\$0.00
Sales Tax Refund													\$0.00
TOTAL REVENUE	\$144.27	\$440.00	\$3,400.00	\$1,175.87	\$1,245.00	\$295.00	\$880.00	\$80.00	\$360.00	\$500.00	\$2,893.05	\$373.33	\$11,786.52
EXPENSES													
Adopt-a-Highway					\$156.87		\$345.68			\$34.03			\$536.58
Awards											\$573.22		\$573.22
Bank Fees				\$8.00									\$8.00
Banquet	\$100.00										\$3,772.87		\$3,872.87
CanAm													\$0.00
Club Picnic							\$50.00	\$927.77	\$404.64	\$257.50			\$1,639.91
Donations		\$375.00											\$375.00
Dues (LAB, Adventure Cyclist)						\$100.00			\$75.00			\$300.00	\$475.00
General Membership Meetings		\$345.61											\$345.61
40th Anniversary Event													\$0.00
Silver Wheels Picnic													\$0.00
Historian													\$0.00
Insurance	\$1,306.10												\$1,306.10
Jerseys													\$0.00
Promotion/Logo													\$0.00
Map Packs													\$0.00
Membership		\$139.09	\$130.66			\$68.70	\$90.01			\$67.00			\$495.46
P.O. Box									\$70.00				\$70.00
Ride Committee		\$62.03	\$128.26		\$82.50		\$74.46				\$34.79		\$382.04
Sales Tax			\$410.64										\$410.64
Newsletter	\$87.46		\$83.38		\$39.68	\$79.79	\$43.05		\$43.88	\$44.70	\$44.70		\$466.64
Sunshine													\$0.00
Supplies								\$12.37					\$12.37
Website	\$45.90	\$22.95	\$22.95	\$45.90	\$22.95	\$22.95	\$22.95	\$22.95	\$22.95	\$22.95	\$22.95	\$22.95	\$321.30
Club Trip													\$0.00
TOTAL EXPENSES	\$1,539.46	\$944.68	\$775.89	\$53.90	\$302.00	\$271.44	\$626.15	\$963.09	\$616.47	\$426.18	\$4,448.53	\$322.95	\$11,290.74
TOTAL SURPLUS/(SHORTFALL)	-\$1,395.19	-\$504.68	\$2,624.11	\$1,121.97	\$943.00	\$23.56	\$253.85	-\$883.09	-\$256.47	\$73.82	-\$1,555.48	\$50.38	\$495.78
Cash Balance - Beginning	\$10,429.90	\$9,034.71	\$8,530.03	\$11,154.14	\$12,276.11	\$13,219.11	\$13,242.67	\$13,496.52	\$12,613.43	\$12,356.96	\$12,430.78	\$10,875.30	
Cash Balance - Ending	\$9,034.71	\$8,530.03	\$11,154.14	\$12,276.11	\$13,219.11	\$13,242.67	\$13,496.52	\$12,613.43	\$12,356.96	\$12,430.78	\$10,875.30	\$10,925.68	

RIDE LEADERS NEEDED

We currently need leaders for the weekly Wednesday night North ride from Swormville church and for the Saturday 'breakfast' ride that starts at UB Richmond parking lot. A nice arrangement can be where two or more people handle the ride leader chores, each on different weeks, to spread the workload out.

We also need leaders for the weekend rides. Check the NFBC web site. If a particular ride is missing a ride leader and you intend on riding that ride anyway, give Brenda Fischer a call or send email. She will arrange to get the ride packet with maps and sign-in sheets to you. Brenda's contact info is at the of the newsletter.

Leading rides is about the easiest job anyone can do in this bike club. Just show up at the ride start a little before ride start time with the packet, hand out the cue sheets and get everyone to sign in, then mail the sign-in sheet using the included addressed and stamped envelope. That's it.



WHO IS THAT NEW NFBC CLUB PRESIDENT, ROB NOWINSKI



Most folks know Rob Nowinski. In 2013, Rob rode an amazing 5760 club miles, meaning he was likely at a ride YOU were on in 2013. Rob is also not shy and quiet. If you ride next to him, you'll usually get some friendly chatter out of him (or sometimes unfriendly barking if you're doing something stupid and unsafe). It's very likely you've encountered him somewhere.

Still, on a ride, you tend to talk about the weather, road conditions, traffic and scenery, so there is a Rob Nowinski that may not have been revealed in those encounters. In an effort to get to know our new club president better, your Newsletter Editor has posed some questions to Rob. What follows is that exchange.

Q. The NFBC constitution states that the club officers "will perform the duties traditionally pertaining to those offices". What, in your mind, are the duties of club president?

A. The Club President should be aware of what is happening w/ the club. Ride attendance, involvement w/ charity rides / advocacy, accidents...Does this mean I want to be in on all conversations? No. But, as a representative of the club I should be able to answer questions as to what the club is involved with. So, basically, oversight of the club's activities, such as, the ride schedule, are ride leaders showing up, team leaders for charity rides, Picnic/Banquet have enough volunteers...etc.

Q. Do you foresee some new directions for the club during your tenure? For instance, do you think we should make more of an effort to lose the informal nickname of "No Friends Bike Club" that we have?

A. I don't see any change needed in the direction of the club. I am fortunate to follow in Lincoln's footsteps. We are appreciative of GOBikeBuffalo for bringing the CanAm back.

As far as the nickname, I'm not sure of its origins, but it's more a joke between friends than anything else. I don't ever remember any member that needed help, whether it was fixing a flat or being in an accident, that didn't receive assistance from a fellow club member.

Q. Along those same lines, is there something the club isn't doing that it should be doing?

A. Advocacy. We are all aware of the dangers w/in our sport. I'd like to see the club show more support for the causes the members believe that will help minimize the risks of riding on the road. What those exact causes are, the members

will need to voice their opinions. I gave an example at the meeting w/ Clarence working to get 6 miles of bike lanes on Main Street, and of course the 3 foot rule.

Q. What's the best thing about the club in your mind?

A. The comradery. For the most part, everyone gets along, even the North vs South on going joke. Often times, after a ride, there is always a group hanging out after the ride (not to be printed, but we know why they are hanging out). We have a number of riders that travel together to do week long tours.

Q. What is your cycling background? When and why did you start 'serious' cycling?

A. I rode the Amherst bike path as often as I could during the summer in high school until a co-worker told me about the local racing club. Started racing in '91. Joined Champion Cyclery (Tom's Pro Bike) racing team in '92. I think I became an official club member in '08?

Q. Do you have some favorite NFBC rides that you'd like to mention?

A. Favorite rides? At this point, anything w/out CLIMBS! LOL The Welland Canal ride is fun. Any ride w/ Backcreek on it. I like that road.

Q. Do you have other hobbies you might want to tell us about?

A. Other hobbies? Going to concerts. I enjoy seeing live music.

Q. What do you do for a living?

A. I work in the Mortgage service industry. I handle escalated real estate tax issues for my customers.

Q. Do you recall where you first heard of the NFBC and/or what club member introduced you to the club?

A. I first heard of the NFBC thru the racing club. Someone had mentioned that the NFBC does a ride around Grand Island on Friday nights. So a bunch of us started going. The goal was to break the hour, which we did. I was part of a 7 man group to first break it.

Q. How long does it take you to get ready for a ride?

A. I don't like to be rushed (you wouldn't know that as I somehow also end up arriving 10 minutes before the ride start) so, about 10 minutes.



What are you doing Memorial Day Weekend?

Interested in riding in Georgetown, Kentucky. The Horsey Hundred cycling event takes place Saturday, May 27th and Sunday, May 28th with optional rides on Friday, May 26th. The website for 2017 will be updated in January. But they usually offer 102 mi., 82 mi., 62 mi., 41 mi., and 25 mi., rides on Saturday and 75mi., 52 mi., 35 mi., and 26 mi. rides on Sunday. All rides start at the Georgetown College. They have great rest stops and SAG support!! They usually have 2,000+ riders. The rides take place in the Kentucky horse country with rolling hills, well-maintained roads, and gorgeous scenery.

Like I mentioned, the website (www.horseyhundred.com) will be updated in January. Last year, Saturday & Sunday registration was \$65 until the middle of May and then went up to \$90. This includes the maps and cue sheets, rest stops every 20 miles, SAG vehicles, and post ride lunches on Saturday and Sunday. The website will have all the details for this year. And they usually have a small gift if you register early.

Accommodations – They usually open the dorms of the college up for people to stay if you would like. They do list hotels and camping information on their website also.

A group of us attended this ride with Alex S. 3 or 4 years ago. It was fantastic!!!! My brother lives in Georgetown and hotel rooms do book fast. Many of us have talked about doing it again this past season. So, I have committed my father and I to do it again in 2017 and if you would like to join us that would be great!!!! I have reserved a block of rooms (10) at the Hampton Inn in Georgetown, KY. They have given me a rate of \$119/night plus tax. The block of rooms is under the name “NFBC Horsey 100 Group” or Group Code Name NFBC. I will lose the group of rooms on May 12th if they are not taken by then. Of course, they have the continental breakfast, hot tub and inside pool and their phone number is 502-867-4888. If you are interested in taking a trip in May, join us. Register for ride (early! and save a few \$\$\$), call the Hampton reserve your room or other hotels or the dorm rooms, and enjoy the ride.

Any questions, please give me a call, 716-479-0841. And, if you do go, let me know. Maybe we could all get together one night and have dinner and/or at least start the ride together!!!

Michele Smith

CLUB TRIP

Note to Members - If there are no submissions shortly, the NFBC will likely have **NO** official club trip to offer for 2017. Organized out-of-town rides such as the Horsey 100 in Kentucky or the Seagull Century in Maryland might serve to satisfy the desire many of us have to roll on some cycling routes in unfamiliar areas with like-minded folks (not to mention party with those folks after the ride).

If you have other ideas for doing something similar, please let editor@nfbc.com know so we can get the word out.

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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 editor@nfbc.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!

Niagara Frontier Bicycle Club**Board of Directors****President**

Robert Nowinski (490-0752)
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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 releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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 Michele Smith
 1537 Sundance Trail
 Lakeview, NY 14085

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.

March 2017

NFBC—We ride every day

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

