



March 2020

We Ride Every Day

Volume 51, Issue 2

NFBC Newsletter

Dates to Remember

First Ride Sunday March 15

Tour de Cure
Saturday June 6

Club Trip 2020
Dover NH
June 26 - July 1

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The 2020 NFBC Ride Schedule, brought to you by:
The Ride Committee!

Members:
Liz Skelton
Pat Danaher
Dave Dunkle
Brenda Fischer
Charles Grammer
Jim Karnath
Ron Penton
Dennis Powell
Rebecca Ribis

First Ride
Sunday March
15



March 2020

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Welcome New Members

Pamela Logue

Joyce Ohm

Karl Brenzel

Kenneth Cochran

Jeffrey Hazlitt

FOR SALE!

\$2 EACH—magnets,
6" x 4"

See Jen Adolf

Jadolf223@Gmail.com

716-479-2578



HELP WANTED!

2020 BANQUET

Planning already? You bet! And we need volunteers for the 2020 NFBC Banquet Committee – help is needed for the registration table, setting up the venue, obtaining door prizes, desserts and any other items that may come up.

If you are interested, please contact Jen Adolf: jadolf223@gmail.com or (716) 479-2578.



JOIN THE MOVEMENT TO IMPROVE THE LIVES OF ALL PEOPLE AFFECTED BY DIABETES AT TOUR DE CURE®!

SATURDAY JUNE 6, 2020 AT NIAGARA UNIVERSITY

Tour de Cure is the **premiere fundraising event** for the American Diabetes Association®. At Tour de Cure you, your friends, co-workers, and family can **ride one of four routes, or join the 5K fun run or walk**. Participants are treated to lunch and a **fun finish line party** geared towards showing support for our **Living Red** participants who are living with diabetes, celebrating Champion fundraisers (\$1,000+ participants) and gathering as a diabetes community to **work together towards a day when we are all free from the burdens of diabetes**.

To sign up, donate or volunteer – please visit: www.diabetes.org/buffalotour or contact Karlie Muscarella at 716-835-0274 x3701



WEEKEND RIDE SCHEDULE

#	Name	Date	Time	Location	Elevation	Difficulty	Leader
6	St. Patrick's Day Ride	Sun, Mar 15	11:00 AM	Ellicott Creek Island Park (Off Niagara Falls Blvd on Creekside), Tonawanda	27 / 17	EZ	Joan Charleson (716) 352 5090
913	Sworville Day Ride	Sat, Mar 21	11:00 AM	St. Mary's Church (Use parking lot by the playground and baseball field, off of Stahley.), Clarence	~15-30	EZ	Peg Walker (716741 4616)
918	Hamburg Day Ride	Sat, Mar 21	11:00 AM	Parking Lot behind fire hall, Hamburg	~15-30	EZ	Pat Danaher 310-8136
925	Amherst Museum Day Ride	Sun, Mar 22	11:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	~20	EZ	NEEDS LEADER. VOLUNTEER HERE.
905	East Aurora Day Ride	Sun, Mar 22	11:00 AM	Hamlin Park (south parking lot), East Aurora	~18-26	MD / EZ	David Dunkle (716951 0382)
922	Lancaster Day Ride	Sat, Mar 28	11:00 AM	St. John's Lutheran Church (east of Central Ave), Lancaster	~15-30	EZ	David Dunkle (716951 0382)
903	Elma Day Ride	Sat, Mar 28	11:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	~14-27	DIFF / MOD / EZ	Loren Danaher (716-4 30-1600)
924	Pendleton Town Hall Day Ride	Sun, Mar 29	11:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	~20-40	EZ	NEEDS LEADER. VOLUNTEER HERE.
228	Four Way Split	Sun, Mar 29	11:00 AM	Orchard Park Municipal Bldg (Parking Lot behind building), Orchard Park	35 / 24	MD / MOD	Pat Danaher (310-8 136)

Weekday Ride Schedule

2020 season	NORTH		SOUTH				START
	AM	PM	AM	PM			
Monday	x				Cammarano Aquila	Kathy Paul	Wendleville Fire Hall
Monday		x			Ribis	Rebecca	Thompson Rd Clarence
Monday				x	Sawyer	Jim	Hamlin Pk, East Aurora
Tuesday	x				King Spohn	John Ron	April, May, June, September and October start at West Canal Park. July and August start at Pendleton Town Hall.
Tuesday		x			Karnath	Jim	April, May, June, and September start at West Canal Park. July and August start at Pendleton Town Hall.
Tuesday				x	Luly	Matt	Hamburg, lot off Long Ave
Wednesday			x		Marcheson	Fred	Orchard Park Municipal Lot behind Police Station
Wednesday		x			Walker	Peg	St Mary's Swormville
Wednesday				x	Hovey	Bradshaw	Orchard Park Municipal Lot behind Police Station in Apr. & May, Chestnut Ridge in June, July, August, OP Municipal Lot in Sept.
Thursday	x				Rossi	Paul	Como Park Lancaster
Thursday		x			Alongi Deckert	Karen Jason	Buffalo Niagara Heritage Museum
Thursday				x	Adolf	Jennifer	Como Park, Lancaster
Friday	x				Rimlinger	Jack	Thompson Rd church Clarence
Friday				x	Danaher	Pat & Loren	Elma Meadows Pk
Saturday	x				Chase	Brad	Richmond Lot UB
Sunday	x				Currie	Ian	Hatch Buffalo Waterfront

Weekday Rides Start in April

Tuesday North morning and evening rides, and Wednesday evening South rides will alternate start locations. See the website homepage, NFBC Facebook or Yahoo for current information.

Shaded cells indicate co-leaders

Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April, May, & Oct.; 9:00 AM in June, July, Aug. & Sept.

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.

www.nfbc.com

2020 Special Events

	DATE	TIME	MAP		MI	ELEVATION	START	
FIRST RIDE OF THE SEASON	3/15/2020 SUN	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	271 / 171	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda
FRIDAY DINNER RIDE	4/10/2020 FRI	2:00 PM	903	Elma Day Ride - (selected based on weather of the day)	40 / 20	Mod		Elma Meadows Park, Girdle & Rice Rds
SPRING TRASH & TREASURE	4/25/2020 SAT	10:00 AM	273	Spring Trash & Treasure Ride	31 / 20	Mod / Mod	1275 / 907	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park
MOTHER'S DAY	5/10/2020 SUN	10:00 AM	98	Lockport Marina	30 /	Easy	NA	Williamsville N. H.S. (Hopkins & Dodge)
MOTHER'S DAY	5/10/2020 SUN	10:00 AM	391 / 390	Elma Meadows Long Short Rides	45 / 33	XD / Dif	2800/ 2000	Elma Meadows Park, Girdle & Rice Rds
MAY SPOTLIGHT	5/20/2020 WED Spotlight	10:00 AM						TBD - see online ride schedule for latest info
MEMORIAL DAY RIDE & PARTY	5/25/2020 MON	10:00 AM	264	Jim & Kathy's Ride	36 / 19	Easy	NA	Clarence Middle School, Greiner at Strickler
JUNE SPOTLIGHT	6/17/2020 Spotlight WED	10:00 AM	721	Falls and Locks Tour	55 / 45	Mod	2109 / 1815	START from Kingsbridge Park, Niagara Pkwy, Niagara Falls, ONT, CA
FATHER'S DAY	6/21/2020 SUN	9:00 AM	741	War of 1812 Overlook	43 / 31		Lewiston	Academy Park, Center & S. 9th St. Lewiston, next to Tops
FATHER'S DAY	6/21/2020 SUN	9:00 AM	386	The Knot	46 / 35	XD / Dif	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park
CLUB TRIP	6/26 - 7/1							Dover, New Hampshire
HARRINGTON RIDE & PARTY	7/11/2020 SAT	9:00 AM	928	Harrington Party Ride	TBD / TBD	TBD	TBD	Harrington's Cottage in Canada
JULY SPOTLIGHT	7/15/2020 Spotlight WED	10:00 AM						TBD - see online ride schedule for latest info
PULEO RIDE & PARTY	7/19/2020 SUN	9:00 AM	282	Reach the Beach	34 / 25	Mod / Easy	1200 / 900	5125 Newton Rd @ Abbott, Orchard Park
ROSSI RIDE & PARTY (new!)	8/15/2020 SAT	9:00 AM	460	Rossi Party Ride				TBD - see online ride schedule for latest info
AUGUST SPOTLIGHT	8/19/2020 Spotlight WED	10:00 AM	151	MendonPonds-ErieCanal	49 / 32	Mod	750	Mendon's Pond Park, Pond Rd, off RT 65, Rochester
CLUB PICNIC	8/30/2020 SUN	9:00 AM	407 / 406	Como Park Long/Short Rides	34 / 45	Mod/ Dif		Como Lake Park, Como Park Blvd., center parking lot on left, Lancaster
LABOR DAY RIDE & PARTY	9/7/2020 MON	10:00 AM	448	Kazoo Klassic Revised (replaces #328)	37 / 24 / 21	MOD / EZ	1273 / 686 / 676	Wendt Beach parking lot, Lake Shore Rd, Derby, NY
SEPTEMBER SPOTLIGHT	9/16/2020 Spotlight WED	10:00 AM						TBD - see online ride schedule for latest info
FALL TRASH & TREASURE	10/10/2020 SAT	10:00 AM	364	Fall Trash & Treasure	28 / 24	Dif / Mod	1972 / 860	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park
COLUMBUS DAY RIDE	10/12/2020 MON	10:00 AM	746	Ebenezer Scootch	44 / 35	Mod	1210	West Seneca Town Hall, Union & Main, West Seneca
OCTOBER SPOTLIGHT	10/21/2020 Spotlight WED	10:00 AM	139	Elmarilla Aurora	25 / 18	Mod / EZ	958 / 696	Pkg lot north of Main St between Pine & Church, East Aurora
FINAL RIDE OF THE 2020 SEASON	10/31/2020 SAT	10:00 AM	399	Como Park Cider Ride	33 / 24 / 21	Mod / Easy	821 / 454 / 491	Como Lake Park, Como Park Blvd., center parking lot, Lancaster



NFBC Officers

President

Brenda Fischer (984-1415)

11 Lake Forest Pkwy

Lancaster, NY 14086

president@nfbc.com

Vice-President

Liz Skelton (400-6091)

38 Brandel Ave.

Lancaster, NY 14086

vice-president@nfbc.com

Secretary

Michelle Bates (901-6240)

278 Patrice Terrace

Williamsville, NY 14221

secretary@nfbc.com

Treasurer

Kathy Karnath (688-2968)

159 Wyeth Dr.

Getzville, NY 14068

treasurer@nfbc.com

Board Members

Cindy Adams (308-0774)

55 Rehm Road

Lancaster, NY 14086

cynthia12@roadrunner.com

Jennifer Adolf (479-2578)

32 Carter St.

Lancaster, NY 14086

jadolf223@gmail.com

Bradshaw Hovey

87 Trinity Place

Buffalo, NY 14201

bhovey@roadrunner.com

David Dunkle (951-0382)

60 Tomahawk Trl.

Lancaster, 14086

Jim Turner

8125 Centre Lane

East Amherst, NY 14051

jnkbturner@roadrunner.com

Webmaster

Ron Penton

webmaster@nfbc.co

Membership Chair

Charles Grammer

2801 George St.

Eden, NY 14057

cgrammer@aya.yale.edu

membership@nfbc.com

Club Historian

Jim Vozga (462-0200)

5830 Strickler Rd.

Clarence, NY 14031

voz@aol.com

Bicycling Advocate

Janice Cochran (837-0402)

19 Carmen Rd.

Amherst, NY 14226

jcochran@buffalo.edu

Newsletter Editors

Joan Charleson

jtchipin@yahoo.com

Mike Maher

mikmar110@gmail.com



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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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!



Marty Harbor Bus



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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT SECOND MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT THIRD MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT FOURTH MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____

Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

**Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057**



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Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453



Bertsbikes.com **40th**
ANNIVERSARY

*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: 716-646-3829

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: 716-633-1138

Henrietta:
100 Jay Scutti Blvd.
Henrietta, NY 14623
Phone: 585-424-2777
Fax: 585-424-7482



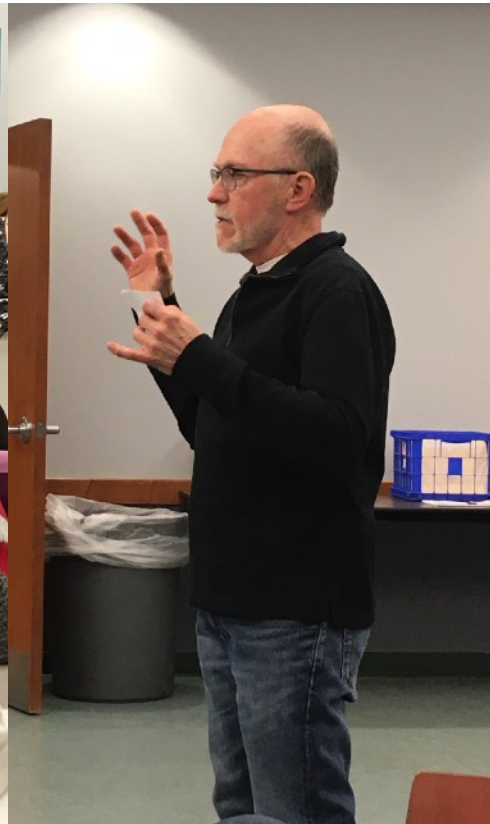
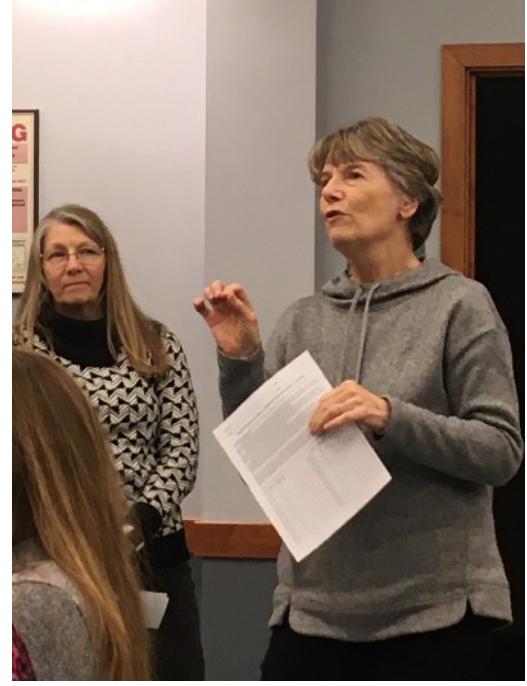
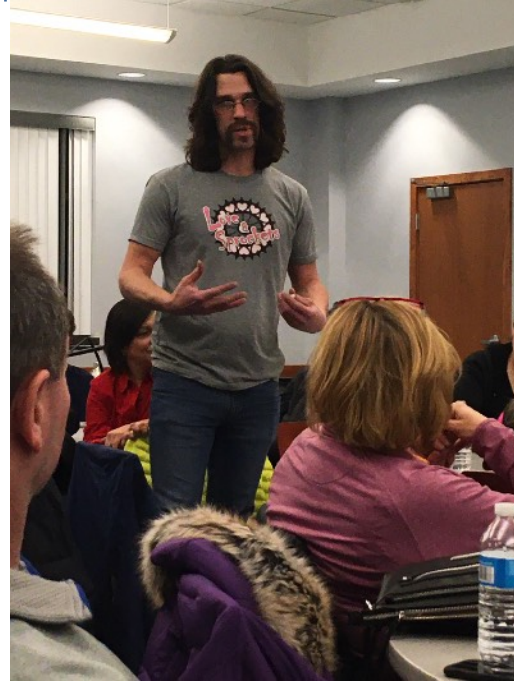
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Niagara Frontier Bicycle Club

February General Meeting



Pictures by Joan Charleson