

NFBC NEWSLETTER

Dates to Remember

General Membership Meeting March 2nd

First Ride March 17th

Club Trip August 17 - 24

Special Edition TGIF Ride Friday, March 30

Inside this Issue

Thursday Night North Ride Leader needed. P.3

Cold Weather Riding P. 3

Where's your bike? P.4

March Schedule P. 5



Spring is almost here, believe it or not! It is time to think about this year's riding season, get the bikes ready, check the schedule, consider the club trip and make sure you are ready for the party rides.

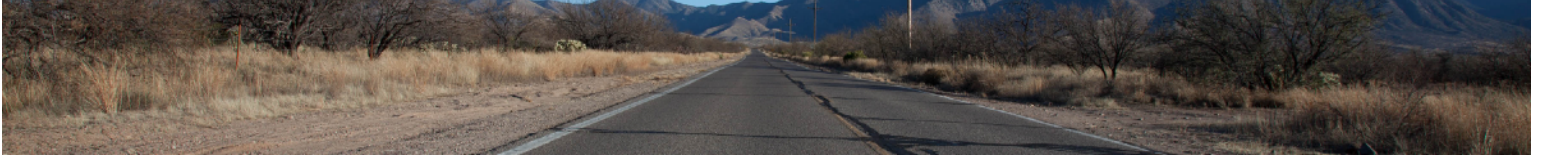
The first thing on the agenda is the General Membership meeting on March 2nd. at 7:00 PM. It will be held at the Harris Hill Firehall, 8630 Main St. Clarence, 14221. Be sure to come and hear what the club is planning for this year. The ride calendar, Dinner Rides, Party Rides and the new Historical Wednesday Rides will be presented.

There will be two guest speakers discussing their Charity Rides. JDRF leads the global type 1 diabetes research effort to keep people healthy and safe until we find a cure for the disease. The Ride for Silence, which will be held May 16th, is a free ride that advocates for improved bike safety and honors people killed or seriously injured in vehicle/bicycle accidents.

So come out and join your fellow members for an enjoyable and informative evening .

Of course, the surest sign of spring is the first bike ride. The ride falls on St. Patrick's Day this year, March 17th.

Check out the TGIF Ride invitation on Page 6 too.



Club Trip

Poughkeepsie, N.Y.

August 17-22

Knowing you are looking forward to this year's bike club trip, let me provide you with information that will excite you even more! Not only will we visit a historical and beautiful tourist destination, we will also have four days of scenic bike rides.

On Friday, August 17, we will kick off our bike trip with a late afternoon pedal over the Hudson River Walkway. We then will continue our ride for 23 miles through historic Hyde Park.

Saturday morning we head to Bowdoin Park, in Wappingers Falls, where you will have three different rides to choose from. On our return to the park, we will enjoy a picnic lunch overlooking the Hudson River.

A visit to New Paltz is scheduled for Sunday, starting from the historical Huguenot Street and then cycling 17, 35, or 50 miles through farmland and beautiful countrysides.

On Monday, our club trip closes with a bike ride from the hotel, where we will pass by the Vanderbilt Mansion and the FDR Library. Dutchess County Rails to Trails is another option for people who want to visit the area and ride an easy rated bike route. This 24-40 mile trail offers both bike path and off-road biking.

Rooms have been reserved at the Holiday Inn Express, 2750 South Rd, Poughkeepsie, at a group rate of \$119 per night, with a 12.125% tax. When making reservations, use the code NFB, or let the desk receptionist know that Niagara Frontier Bicycle Club has a group rate. Remember to let Cindy Adams (cynthia12@roadrunner.com) know if you have signed up for the club trip.



Huguenot Street



Bowdoin Park



Hudson River



Cold Weather Riding
by Jack Rimlinger

I think we all have our thoughts on riding in cold weather and I have my own quirks so I'll start with my feelings on riding in cold weather.

First, I prefer to ride in cold weather in the fall rather than in the spring. The spring seems to have that bitter wind that I don't find as much in the fall. I will ride down to about 35 degrees, once it gets colder than that I just don't enjoy the ride. I rode a number of times this November and December and enjoyed most of them. The one day that I rode and it was only about 32 degrees, I went too far and was really glad when I got back home. I should have cut my distance by 10 miles; I would have enjoyed the ride a lot more.

When it comes to riding, I take a look at the weather reports, I consider the chance of rain and wind into my decision on whether I will ride or not. I layer my clothes and since I always sweat I usually do not wear a jacket that doesn't breathe. I will wear a wind vest to keep the cold air off my core and I go old school and use newspaper on my chest under my top layer. I wear wool socks, and full boot covers over my riding shoes. I wear warm gloves and in colder weather I also add glove liners in my gloves. (I purchase gloves with this in mind). I wear a skull cap that covers my ears, I have a couple of different weight caps. I always bring a dry cap with me, so that if one gets damp (remember that I sweat a lot) I can put the dry skull cap on half way through the ride.

I slow down; I find that in cold weather I just can't keep the pace that I did in summer. I find that trying to keep my summer pace just wears me out. Remember you are using a lot of energy just to stay warm.

Cold weather can also be dangerous, ice can form or it could be left over from the colder night time temperatures. It may just look wet but it may be ice! It could start to snow or sleet during your ride; so, you need to be careful and take these issues into your decision to ride or not. On one ride I was about three miles from home and it started to sleet, small ice balls covered the road, I had to slow down to a crawl and be ready to put my foot down. I made it home slowly and safely.

HELP WANTED!

We offer: gratitude, exercise, challenge and satisfaction!

The position: Ride Leader, Thursday night north at Buffalo-Niagara Heritage Village Museum, Tonawanda Creek Rd. (south) and New Rd., Amherst.

Duties:

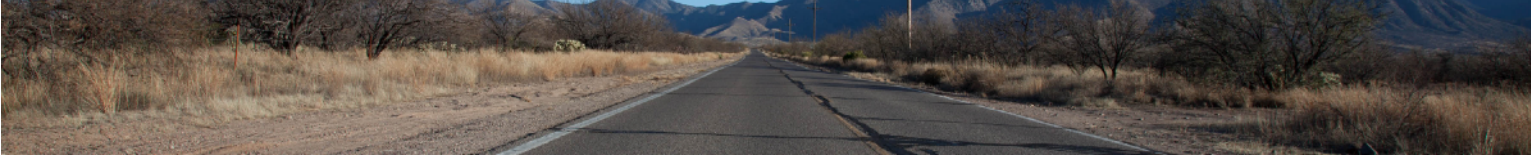
1. Show up.
2. Sign riders in and provide ride cue sheets and maps.
3. Email or snail mail the sign-in sheets to Bradshaw Hovey.

Optional:

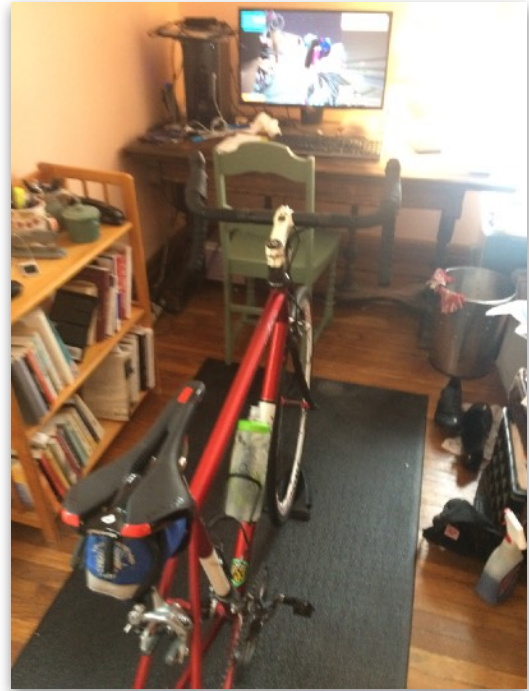
1. Create new routes.
2. Post routes to the NFBC website.
3. Secure a substitute when you cannot attend.
4. Warn riders of any potential ride hazards.
5. Start the riders at the ride start time.
6. Give a pre-ride safety talk.
7. Provide snacks and host post-ride parties in the parking lot.

Qualifications: You are qualified!!

If you are interested, please contact any Board member, Newsletter editor, or Ride Committee member. And, thanks!



Spring is coming!! Where is your bike? Time to find it, dust it off, inflate the tires, and ride!!



HEY!?!?



| Date | Time | Ride # | Ride Name | Miles | Rating | Elev | Start Location | Ride Coordinator |
|-------------|----------|--------|---|--------------|------------|-----------------|--|---|
| Sat, Mar 17 | 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 | Rob Nowinski 716-490-0752 |
| Sun, Mar 18 | 11:00 AM | 914 | West Canal Park Day Ride - (selected based on weather of the day) | 40 / 20 | Easy | 0 | West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd. | TBD |
| Sun, Mar 18 | 11:00 AM | 917 | Orchard Park Day Ride - (selected based on weather of the day) | 40 / 20 | Dif / Mod | 0 | Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park | Pat Danaher 716-310-8136 |
| Sat, Mar 24 | 11:00 AM | 913 | Swormville Day ride - (selected based on weather of the day) | 40 / 20 | Easy | 0 | St. Mary's Church, Transit and Stahley Rds. | Jack Rimlinger 716-741-8512 |
| Sat, Mar 24 | 11:00 AM | 918 | Hamburg Day Ride - (selected based on weather of the day) | 40 / 20 | Dif / Mod | 0 | Parking Lot behind fire hall across from 44 Long Ave, Hamburg | Charles Grammer 716-713-1469 |
| Sun, Mar 25 | 11:00 AM | 922 | Lancaster Day Ride - (selected based on weather of the day) | 30 / 20 | Easy | 0 | St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster | David Dunkle 716-359-0690 |
| Sun, Mar 25 | 11:00 AM | 905 | East Aurora Day Ride - (selected based on weather of the day) | 40 / 20 | Dif / Mod | 0 | Hamlin Park (south parking lot), S Grove St | Pat Danaher 716-310-8136 |
| Fri, Mar 30 | 2:00 AM | 903 | Elma Day Ride - (selected based on weather of the day) | 40 / 20 | Mod | 0 | Elma Meadows Park, Girdle & Rice Rds | Loren Danaher |
| Sat, Mar 31 | 11:00 AM | 925 | Amherst Museum Day - (selected based on weather of the day) | 40 / 20 | Easy | | Buffalo Niagara Heritage Village, 3755 Tonawanda Creek at New Rd, Amherst | Thomas Williams 716-908-8767 |
| Sat, Mar 31 | 11:00 AM | 228 | Four Way Split | 35 / 24 | Dif / Mod | 1667 / 997 | Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park | Bradshaw Hovey 716-857-0906 |
| Sun, Apr 01 | 11:00 AM | 713 | Darien Lake State Park | 37 / 29 / 16 | Mod / Easy | 961 / 857 / 347 | Lancaster Day Ride - (selected based on weather of the day) | TBD |

Special March Ride

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 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 30th at 2:00** for a special edition TGIF ride and help us kick off the season.

Come on out,

Pat and Loren



Backbone of the NFBC: Ride Leaders

While we try to decide whether to ride - Is it too cold? Too hot? Too windy? Dark too soon? Might it rain/snow/sleet? Are we hurt? Are we cranky? Is there anyone to ride with? Do we have the right clothes? Is traffic too bad? Is our bike ready? Do we have TIME? - our morning & evening Ride Leaders are there! Not only do they show up for the ride every week (or arrange their own sub), they LEAD the rides. They create and update the routes, have cue sheets and road hazard warnings at the ready, and sometimes even provide snacks for the riders!

Here then begins a series to introduce you to the people who lead NFBC rides, every day of the week! Thanks to Dennis Powell for the idea. —Ed.

Frank Soltiz leads the Wednesday night south ride, which starts from Chestnut Ridge Park. He joined NFBC in 2003, after making several lame attempts at road cycling because an injury forced the end to running. Frank rode all the time as a kid; he used his bike on his paper route. He became the regular Ride Leader when the previous Leader retired; the Club was having trouble finding a Leader, and Frank volunteered so the Ride wouldn't be eliminated!

For Frank, the best part about being a Ride Leader is the relationships he's made with his riders; they are such a diverse group! He finds the most challenging part of the role is designing safe and enjoyable courses.

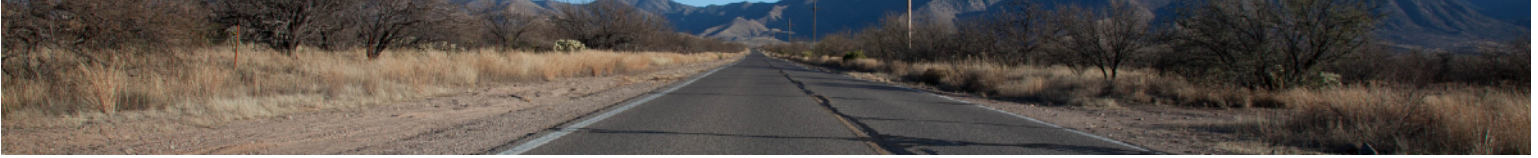
Rather than recalling any one particularly memorable Wednesday night ride story, Frank said: "Brigitte and I were talking about how nice it is to hear so many accents in the parking lot at the ride start. British, Italian, Japanese, Chinese, Latin, Brooklyn, etc. All these different backgrounds come together and are united by a bicycle."

In the off-season, Frank really enjoys cross-country skiing. His favorite bike-related items are his Inside E-motion Rollers, paired with the Zwift virtual cycling platform. He says he gets to work out with people from all over the world!



Peg Walker leads the Wednesday night north ride, which starts from St. Mary's Church at Transit Rd and Stahley Rd, Swormville. She leads this ride because she feels it is her responsibility as a member of the NFBC. Peg really enjoys the Wednesday night riders: They are a great group of people of different riding abilities, and she looks forward to seeing everyone each week. Peg has biked since she was little, and now her favorite bike item is her Garmin, because it gives directions to the NFBC courses. In the off-season, Peg knits Dr. Seuss-type sweaters, but she says that is not on purpose.

On the least-favorite side, one of the downsides of being a Ride Leader is feeling responsible for a rider not having a good experience on the ride; Peg gave up leading rides for a year for this reason. She is back, and she loves "...how the riders greet me before every ride - I enjoy seeing their faces and enthusiasm. I really love that."



Elizabeth Skelton - Liz - leads the Thursday night ride from St. John’s Lutheran Church in Lancaster. She has been a member since 2000, and is a Ride Leader because she likes to explore new places on her bike, and she likes to have company on the ride. So, she makes up these rides, hands out the route, and “...just like that, everyone (mostly) rides wherever I want them to ride....It’s a hoot.”



Appropriately, Liz’s favorite bike gadget is her map holder: low-tech, convenient, and weather-proof.

Liz thinks the best part about being a Ride Leader is the group dynamic of riding. Challenges include riders who complain about the route, and enthusiastic riders who get out in front, then constantly call back, “Which way do we turn?” Some of Liz’s favorite stories are associated with seeing how quickly the group gets off cue: The record seems to be the time the long riders took the very first turn wrong out of the parking lot and had to turn around!

In the off-season, Liz keeps busy by going to the gym, skiing, reading, going to the movies, reconnecting with her family, cleaning corners of her house that are totally neglected from March to October, and preparing for the next riding season.

Jack Rimlinger is the Friday morning Ride Leader. He leads rides from the Church of Christ at 5030 Thompson Rd, Clarence.

Jack’s favorite bike accoutrement is his eyeglass mirror. He can move his head and get a look behind him, and really misses it if he happens to forget it!



Jack has been a bike rider since childhood but really began to cycle after retirement. He joined NFBC in the summer of 2011. During the winter, he loves to ski. He’s a regular at Holiday Valley on Tuesdays and at Holimont on Thursdays. Jack also enjoys going to the gym, hiking and even some running.

For Jack, the best part of being a Ride Leader is making routes and seeing everyone enjoy the ride. He became a Ride Leader because he wanted to contribute and to give back to the Club. One of the challenges of being a Ride Leader is trying to help new riders find a fit so that they enjoy the ride and want to come back and join the group!

One time, as part of being a good Ride Leader, Jack was watching the weather and decided to forego a planned route to the north, taking the group on a more southern route to avoid the rain. Ironically, the rain poured down on the riders to the south, while the riders who used the more northern route stayed dry! When the groups met after the ride for coffee in Akron, Jack’s group was soaked, while the other group was dry and smiling!



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 Robert Nowinski. Club President. NFBC cares about its people!

NIAGARA FRONTIER BICYCLE CLUB

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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 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 RESPONSIBILITIES OF A RIDER (see NFBC website).

NAME _____

STREET _____

CITY _____ Address Change? Y N

STATE _____ ZIP _____ PHONE _____

PRIMARY EMAIL _____ Email Change ? Y N

SECONDARY EMAIL _____ Email Change ? Y N

PRIMARY MEMBER/GUARDIAN SIGNATURE DATE BIRTHDATE if under 18 MEMBER # _____

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

MEMBERSHIP FEE: Individual - \$20 _____ Renewing _____ OR New _____

Family - \$30 _____



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



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