



NFBC NEWSLETTER

Dates to Remember

Dinner Ride

Saturday, May 5

Mother's Day Party Ride

Sunday, May 13

Spotlight Buffalo Waterfront

Wednesday May 16

Members Memorial Rides

Sunday, May 27

Memorial Day Party Ride

Monday, May 28

Inside This Issue

President's Message P.2

Joe Pizzuto P.2

Pacelines P.4

Party Rides P.6

Ride Schedules PP.7&8

Ride Leader Profiles

PP.9&10



This is the 25th Season of the Trash & Treasure tradition for the NFBC. John and Judy Herman have been leading this ride and providing the necessities for it for eleven years. As John says, this is the Club giving back to the community and informing drivers that we are stewards of the roads we ride. Thank you to Judy and John for doing this and thank you to all the club members that do the ride and pick up the trash afterward!

While a large number of riders did the ride this year, the trash pick up and party afterwards had to be postponed because of the snow alongside the road. It will be rescheduled soon, don't miss it.

Is it the Winter that never ended or the Spring that never was? Either way, it looks like decent biking weather is on the horizon and we can finally get on the road regularly.

There are lots of things happening in May. Party rides, Members Memorial rides, Dinner rides and Mothers Day rides. Don't miss them!

Don't forget, weekday evening rides start at 6:30 beginning in May.



I have been working with GObike Buffalo and the other bike clubs in the area. The goal is to have ONE voice for bicycling advocacy in Western New York.

The first step is making the public aware of the bike clubs in the area. To do this, GObike Buffalo will be inviting all the clubs to have informational tables at the SkyRide on Sunday, May 20th.

I will be participating in the event by riding the long route and staying after the ride to work at the NFBC table. I am asking for any volunteers who are already planning on being at the SkyRide, and willing to stay after, to work our table and talk to people about the NFBC.

ALSO

I strongly encourage members to participate in the Ride of Silence on Wednesday night, May 16th at Delaware Park. This ride, along with other rides across the country, is in memory of all the cyclists who lost their lives while riding. Bike lights will be needed. (See further information regarding the Ride of Silence on page 5 of this Newsletter.)

Thank you,
Robert

Joe Pizzuto

After many years of excellent service, Joe Pizzuto resigned from the NFBC Board of Directors. The Club owes Joe a debt of gratitude for his contributions and appreciates that he continues as the Tuesday morning Ride Leader! Replacing Joe on the Board is Club member Bradshaw Hovey.

How was Joe replaced by Bradshaw?

According to the Constitution and By-Laws of the Niagara Frontier Bicycle Club, Inc.:

Article IV Board of Directors and Officers

- *Section 6 - "If an officer or board member cannot serve for the full term, the Board of Directors may designate a member to fill the position for the remainder of that term."*

Article V – Committees

- *Section 1. Nominating Committee: this committee will consist of one Board member and two members at large.*

So, after Joe tendered his resignation, Club President Rob Nowinski asked for a Nominating Committee volunteer from Board members, and also asked two members at large to volunteer, and the Committee was formed.

When the Committee met, the members discussed desirable attributes for potential candidates and then reviewed the Club member list. Each Committee member selected several potential candidates, and the Committee created one list, organized in order. The position was offered and accepted by Bradshaw Hovey. Thanks and good luck Bradshaw!



Membership Notes

Some questions have come up regarding member numbers. Membership numbers do not change. Once you are assigned a number it will stay with you, even if you do not renew for a time, you will continue to have the number you were first assigned.

All members who have paid their dues as of March 31st should have received an email from Michele Smith with your membership card attached. If you have not received it please contact Michele at membership@nfbc.com

Welcome New Members

Thomas Halter, Nicole Lecavalier, Kenneth Moses, Dennis Borden, Sal Terranova, Kaileen Balzano, David Church, Brian Laub, Al Dicristofaro, Zeth Herrington, Austin Barrett, Anissa Barrett, James Norton, Damon Kimbrough, Charles LaChiusa, Ray Roll.

Introduction to Pacelines

Mike Maher

There are two types of pacelines that you see in the Club. One is the more formalized line that most people associate with a paceline and is used by more experienced riders, usually the faster Club riders who ride together regularly. The second is more informal and used by less experienced riders and riders that are not especially interested in riding as fast as possible. Both of these have variations and they are both social. They both also have the major goal of making the ride as comfortable as possible for the group, especially on windy days. This article will focus on the customs that newer riders should know and how that type of line usually works.

The “informal” paceline usually forms partially before the start and partially as the ride progresses. Riders will join and drop out as the ride goes on. It can be difficult for a rider new to the group to determine what group to get into at the start, but as the ride goes on it becomes more apparent where you fit. Best thing to do is drop into a line that has formed and go with it. Hang in the back for a while and determine if the pace is good for you and if so, stay in it and take your turn moving through the line. You will be able to observe which way the leader pulls out and what the pace is. You should ask if you are unsure of anything.

The most important thing in a paceline is to keep it safe; keeping it safe requires communication among the group. Everyone should know the basic signals of road safety such as pointing out hazards and also the signals of what riders intend to do, turning, slowing, stopping, etc.

You must ride straight and smoothly. Practice riding on the road stripe and maintaining a steady pace. In the line, don't focus on the wheel directly in front of you, look for hazards ahead and if it is necessary to brake, do so smoothly, don't slow suddenly. Stay a bit back from the wheel in front until you gain more experience and confidence. When going through a turn, it is important to hold your line, that is if you are taking a turn to the outside, stay on the outside, do not cross to the inside as a rider may be taking an inside line. The inside rider must also stay on the inside line. Do not rapidly accelerate out of turns, gradually increase speed to get back to the pace.

In more formal pacelines, everyone is expected to take a turn at the front and pull the group. Usually the leader pulls for a short time and signals that he or she will pull off and let the next rider take over. The leader indicates when she is going to pull off: the usual signal is either pointing in the direction she is going to go or slapping her hip on that side. The usual direction is to pull to the left but under certain conditions it may be to the right. This needs to be communicated, especially when new riders are in the group. If you are not sure, ask. The leader pulling off will let the line pass on the right (usually) until the last rider passes and then pulls back in.

The same applies in less formal lines, except in those lines not everyone is expected to take a turn at the front. Many times stronger riders will pull longer and more often than less strong riders. If you are tired and/or are riding in a group that is somewhat stronger it is okay to stay in the back and indicate to others to pull in front of you as they cycle back from the front. What is not okay is to sit in the back of the group for several cycles and then get to the front and pull away from the group.

Pace is the key word. When a rider takes over the lead, he or she should maintain the pace that the line has been holding. It is common for riders taking over the lead to speed up; this disrupts the pace and leads to riders tiring quicker. Note the pace on your computer so you know what speed to hold.

So join a line and have fun!



Charity Rides

Enjoy a Ride and Help the Community

The Ride for Missing Children

Friday, May 18, 2018

From the website: We ride 100-miles in one day, as one, unified team of riders, riding 2x2 at a 14-15 mile pace and escorted by local law enforcement in each jurisdiction. The Ride stops at schools along the route for educational rest stops, with silent tributes to missing children, recovered children and fallen officers along the way. These riders will join the group at lunch and finish the remainder of the route. Riders, their families and friends will be welcomed at the finish with a grand celebration!



Rob Nowinski is the captain of the NFBC team, which already has 11 members.

Buffalo Ride for Silence

Wednesday, May 16, 2018

The mission of the worldwide Ride of Silence is to honor bicyclists killed by motorists, promote sharing the road, and provide awareness of bicycling safety. Inspired by our sister city of Rochester, Buffalo will join over 300 other cities in riding together as one, SILENT voice. Our main focus is the awareness and safety of cyclists. But that is not our only focus. The safety of everyone is paramount. Our goal is to bring this conversation to the forefront, and work towards completion of Vision Zero. We invite you to ride SILENTLY with us on May 16, 2018 at 7:00 pm.



We will meet at the Delaware Park ring road near the police radio tower at 6:00 pm. At 7:00 pm we will depart on an eight-mile ride through the city. The max speed will be between 8 and 10 mph. As a single group we will proceed SILENTLY, bringing awareness to the vulnerability of cyclists. The ride is free but lights and helmets are mandatory. Please be aware this is a self-supported ride. It is recommended to bring your own tube and patch kit.

If you are interested in volunteering, please email bflorideofsilence@outlook.com. As the day draws closer, please check the Buffalo Ride of Silence Facebook page for updates: <https://www.facebook.com/Ride-of-Silence-Buffalo-545082772534630/>

Betsy's Mother's Day Party Ride



The Ride: The rides start at 10 AM at the Genesee Country Mall on Rt 5 in Batavia. (Park behind Wendy's, 44 Main St., Batavia.) Genesee County is known for smooth roads, absence of potholes and scenic country side! There will be two distances.

The Party: At Betsy Dexheimer's home, 19 Woodrow Rd. Woodrow is one mile west of the mall, just before Denny's. If you are not riding but want to attend the party, the food begins at 1 PM. Betsy will supply pizza, salad and beverages. Bring desserts and "starters" to share, a lawn chair and beverage of your choice. If you need directions, call Betsy at 585-343-5172.

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Jim & Kathy Vozga's Memorial Day Party Ride

Monday May 28

SPIN & SWIM/PEDDLE & PADDLE PARTY

The Ride: The ride starts at 10AM at Clarence Middle School on the corner of Greiner & Strickler Rds. It is a dual mileage (19/36 miles) ride over flat terrain.

The Party: Rain or shine!!! Ride the ride, then change into your swim suits and take a refreshing dip in their pool! To get to the party, turn left out of the school lot. Go left on Strickler. 5830 Strickler Rd is 1.2 mi. from the turn. The house is on the left. The ride route will also pass by the house near the end of the ride. Jim says, "You can ride as fast as you want, but I don't serve anything until at least 12:00!!! If you arrive before that time, you will be put to work!!!" Jim and Kathy will supply the main course and most beverages. Standard NFBC party rules apply: bring a dish to pass, lawn chair, and feed the kitty.



WEEKEND RIDE SCHEDULE

751	Sturgeon Point (Dinner)	Sat, May 5	2:00 PM	Parking Lot behind fire hall, Hamburg	31 / 18	900	MOD / EZ	David Gonzalez (649-4998)
703	Lockport-Middleport	Sun, May 6	10:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	32		EZ	NEEDS LEADER. VOLUNTEER HERE.
229	Knee Knocker	Sun, May 6	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 25	2661 / 1444	DIFF / MOD	Charles Grammer (7167131469)
421	Rapids Roundabout Redux	Sat, May 12	10:00 AM	St. Mary's Church (Use parking lot by the playground and baseball field, off of Stahley.), Clarence	~24-34	416 / 258	EZ	NEEDS LEADER. VOLUNTEER HERE.
388	Elma East	Sat, May 12	10:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	60 / 35	2100 / 1100	DIFF / MOD	Bradshaw Hovey (716-857-0906)
763	Betsy's Beaucolic Batavia (Party)	Sun, May 13	10:00 AM	Lot behind Wendy's (Old Genesee Mall), Batavia	35 / 26		MOD / EZ	Betsy Dexheimer (585-343-5172)
302	New Saturday Sundae	Sun, May 13	10:00 AM	Hamlin Park (south parking lot), East Aurora	41 / 37	1500 / 985	DIFF / MOD	Bill Harrington (667-3793)
439	SPOTLIGHT Buffalo Waterfront (Special Event)	Wed, May 16	10:00 AM	Peace Bridge (Busti) (Park on Busti Avenue), Buffalo	16		EZ	Rebecca Ribis (837-0089)
384	Two Bottles And A Bush	Sat, May 19	10:00 AM	Parking Lot behind fire hall, Hamburg	42 / 23	2200 / 1200	DIFF / MOD	NEEDS LEADER. VOLUNTEER HERE.
422	Karnath 2-Thilk	Sat, May 19	10:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	44 / 37 / 28 / 19		MOD / EZ	NEEDS LEADER. VOLUNTEER HERE.
224	Springville Sprint	Sun, May 20	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42	2500	XD	NEEDS LEADER. VOLUNTEER HERE.
743	Dande Farms	Sun, May 20	10:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	34		EZ	NEEDS LEADER. VOLUNTEER HERE.
417	Westwood to Eastwood	Sat, May 26	10:00 AM	Westwood Park, Lancaster	~23-34		EZ	Jennifer Adolf ()
216	Kissing Bridge Ride	Sat, May 26	10:00 AM	Hamlin Park (south parking lot), East Aurora	44 / 30	3517 / 1686	XD / MOD	Bradshaw Hovey (716-857-0906)
142	Members Memorial Century	Sun, May 27	8:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	101	2267	XD	Richard Amantia (716-983-8941)
143	Members Memorial Metric w Cutoff	Sun, May 27	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	64 / 43		EZ	Elaine Rubenstein (7164795042)
144	Members Memorial Short	Sun, May 27	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	30		EZ	Elaine Rubenstein (7164795042)
264	Jim & Kathy's Party Ride (Party)	Mon, May 28	10:00 AM	Clarence Middle School, Clarence	35 / 26 / 16		EZ	Jim Vozga (716-462-0200)



WEEKDAY 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	Pendleton Town Hall, Campbell Blvd. between Bear Ridge and Beach Ridge Rds., Pendleton	Jim & Kathy Karnath, 860-9039
	PM	Municipal Parking Lot off Long Ave (opposite #48) by firehall and 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)	Peg Walker, 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277 Orchard Park NY	Frank Solitz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Karen Alongi & Jason Deckert
	PM	St. John's Lutheran Church, 55 Pleasant Ave., East of Central Ave., Lancaster Ave., 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 Rd., Elma	Pat & Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase, 632-5636
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

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, Sept. & Oct.; 9:00 AM in June, July & Aug.

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



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 is the third in 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.



Matt Luly leads the Tuesday evening rides from Hamburg. Riders meet in the Municipal parking lot off Long Avenue, opposite of house #48, by the water tower. Matt is the ride leader because somebody needs to do it, and he lives close enough that it is not too inconvenient.

Matt has been riding a long time: his first bike century was when he was in college. Not to be too specific, but when asked, he'd been a member of NFBC for 6826 days! His favorite thing about being the Ride Leader is that "(w)e get to do the

School Street Ride as many times as I like. And I like it." His least favorite part is something we have heard before: signing in that last-minute rider, when everyone else is ready to go!

Clearly, Matt has a favorite bike gadget: The Park Tool PZT-1. You may ask, Why? Just look at it – Form! Function! During the off-season, Matt catches up on everything he missed during the biking season.



The best Ride Leader day EVER for Matt was in 2017, when "Talk Like a Pirate Day" fell on a Tuesday! A parrot did the whole ride with the group!



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Brad Chase is the Ride Leader for the Saturday breakfast ride. This ride starts from UB North Campus, in the Richmond parking lot at the Ellicott Complex, off Frontier Rd. He leads the Saturday morning rides because, in his words, someone has to do it.

Brad has been a member of NFBC for 32 years. His favorite bike-related item is his bike’s rear red light, which can be seen a quarter mile away.

What Brad likes best about being a Ride Leader is choosing the ride itself. The most difficult task is getting everyone signed in for the ride on time. See? Same as Matt, above.

During the off-season, Brad enjoys walking and hockey games.

Brad said good luck finding a photo – but I don’t think he meant it.



Bob Alessi leads the Monday morning north ride. The ride leaves from the Wendelville Fire Hall, 7340 Campbell Blvd. at Tonawanda Creek Rd. in Pendleton.

Bob started biking as a child and joined the NFBC in 1986. He believes the Club has been good for him, so Bob is a Ride Leader to give back. Bob’s favorite bike-related item is his bike itself, because it gives him a lot of enjoyment.

The best part about being a Ride Leader for Bob is being with friends and sharing a good time. Bob finds the worst part is the people who complain about the rides, yet don’t do anything to help or to improve them.

For fun, relaxation, and/or exercise in the off-season, Bob likes to cross-country ski, snowshoe, ride his bike in Florida, and drink beer!

When asked to tell a memorable story from a ride, Bob declared: “What happens on a ride, stays on a ride.”





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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Niagara Frontier Bicycle Club



First Sunday Breakfast Ride of the Season!

