

# NFBC NEWSLETTER

## Dates to Remember

- May 2, Trash & Treasure
- May 9, Mother's Day Party Ride
- May 31, Jim & Kathy's Party Ride
- See page 8 for trip sign-up deadlines
- August 22, CAN-AM
- August 28, Club Picnic

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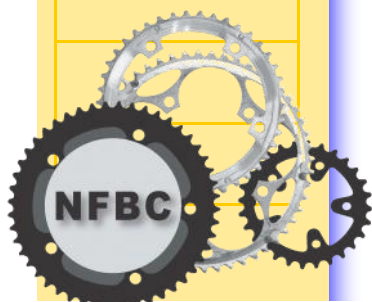
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[www.nfbc.com](http://www.nfbc.com)

## 18 Years of "Trash and Treasure"

On **Sunday May 2**, John Herman will lead NFBC members in the clean-up of a two mile section of Route 277 in Orchard Park, as part of the national adopt-a-highway program. In order to make it a fun experience and encourage members to participate, John continues the "Trash and Treasure" tradition of sandwiching the clean-up between a great ride (starting in nearby Chestnut Ridge Park) and a pizza party.



Since April 1993 NFBC has been responsible for the trash and litter clean-up of a two mile section of route 277 extending from Powers Rd. south to a location ¼ mile south of Gartman Rd. NFBC Historian Jim Vozga recalls that "to qualify for non-profit tax status" the club had to do something "that involved public service". The highway clean-up was a perfect solution; it coupled club members' environmental concerns with the practical need to ride on trash-free roads. Jim writes "Brenda Knight spearheaded the program and Doreen Lynd did a great job as the organizer for many years. It's a tribute to the NFBC member volunteers and leaders that we have continued for so many years!"

After the bicycle ride, the actual clean-up only takes about 30 minutes. John will give a thorough briefing at the start so that people can work safely and efficiently. He brings the clean-up supplies, but you will need to wear your bicycle helmet. John also provides the pizza party that follows the clean-up.

## Updates from the NFBC Board of Directors

This year the Board wants NFBC to have more of a "presence" at the Tour de Cure and the "Ride for Roswell". The plan is to display our new banner (see picture below) at these events and provide potential members with information about the NFBC. Central to this plan is the need for a volunteer to help organize the "PR" effort. Call or email President Linc Blaisdell if you would like to help.



L to R, Sue Cullinen, Tom Barone, and Jean Frederick were among several NFBC members who represented the club at the WNYMBA's Swap Meet on March 28.

[nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com) is growing, and will soon become the only means of email communication from NFBC (replacing Roy-mail). This isn't another unofficial "Seebybike"! If you want to receive "official" email from NFBC, the Board encourages you to respond to your invitation and join the group now!

Kathy Karnath is exploring the possibility a new club jersey this year. She's still in the exploration stage, so if you have strong feelings about it, let her know.

To encourage new riders to give club rides a try, the Board is exploring ways to designate a limited number of rides for new riders, with current NFBC members volunteering to "mentor" newbies at those rides. If you're interested, contact Linc Blaisdell.



**NIAGARA FRONTIER**  
BICYCLE CLUB, INC.  
*We Ride Every Day*

# MAY 2010 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Ride Leader
Sat May 1	10:00 AM	362	Clarence to Alden	43 / 25	Easy	600/300	Clarence High School, Main St. at Gunville Rd.	Karen Sprada 684-9039
Sat May 1	10:00 AM	338	Hunter's Creek	31 / 23	Diff/Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales Hollow	Pat Danaher 310-8136
Sun May 2	10:00 AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 675-1944
Sat May 8	<b>3:00 PM</b>	357	Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	Karen Sprada 684-9039
Sun May 9	10:00 AM	710	Mother's Day Party Ride	34 / 27	Easy	0	Lot behind Wendy's, 44 Main St, Batavia	Betsy Dexheimer 585 343-5172
Sun May 9	10:00 AM	748	Bloody Run	44 / 36	MD/Mod	1900	Elma Meadows Park, Girdle & Rice Rds, Elma	Diane Marasciulo 480-9701
Sat May 15	10:00 AM	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Sue Alessi 694-0853
Sat May 15	10:00 AM	216	Kissing Bridge Ride	44 / 30	XD/mod	3200/1500	Hamlin Park (south parking lot), S Grove St, East Aurora	Rob Nowinski 490-0752
Sun May 16	10:00 AM	747	Williston Rd	39 / 30	MD	2000/1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Colin Fritz 510-4893
Sat May 22	10:00 AM	361	Bill's Training Ride	30 / 16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Barone 240-9926
Sat May 22	10:00 AM	118	Quaker Shaker	34	MD	1650	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Loren Tretyakov 667-7529
Sun May 23	10:00 AM	708	Niagara on the Lake	45 / 38	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	Rebecca Ribis 837-0089
Sun May 23	10:00 AM	339	Eighteen Mile Creek	44 / 22	Diff/Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat May 29	8:00 AM	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Pat Danaher 310-8136
Sat May 29	10:00 AM	143	Members Memorial Metric Century	63	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Bob Mahaney 873-2814
Sat May 29	10:00 AM	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Bob Mahaney 873-2814
Sun May 30	10:00 AM	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	Joe Pizzuto 982-4141
Sun May 30	10:00 AM	303	Marty's Payne	44 / 25	Diff/Mod	2000/1100	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Marty Payne 997-9324
Mon May 31	10:00 AM	264	Jim & Kathy's Party Ride	39 / 30	Easy	NA	Clarence Middle School, Greiner at Strickler	Jim Vozga 741-9440
Sat Jun 5	9:00 AM	169	Elma - Marilla II	34 / 29	Mod	0	Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Diane Currie 601-7390

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

## DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	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
<b>Tuesday</b>	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Dennis Powell, 691-6233
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
<b>Thursday</b>	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
<b>Sunday</b>	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

*Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.*

## 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.

### 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.

### NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) 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 [elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

### HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

# MAY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in italics.</b></p>						
<p><b>2</b> Buffalo 9AM Trash &amp; Treasure</p>	<p><b>3</b> <i>N.Tonawanda 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i></p>	<p><b>4</b> <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i></p>	<p><b>5</b> <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i></p>	<p><b>6</b> <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i></p>	<p><b>7</b> <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i></p>	<p><b>1</b> <i>Amherst 9AM</i> Clarence to Alden Hunter's Creek</p>
<p><b>9</b> Buffalo 9AM Mom Day Party Ride Bloody Run</p>	<p><b>10</b> <i>N.Tonawanda 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i></p>	<p><b>11</b> <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i></p>	<p><b>12</b> <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i></p>	<p><b>13</b> <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i></p>	<p><b>14</b> <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i></p>	<p><b>8</b> <i>Amherst 9AM</i> Lancaster on the Weekend (<b>3PM</b>)</p>
<p><b>16</b> Buffalo 9AM Williston Rd.</p>	<p><b>17</b> <i>N.Tonawanda 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i></p>	<p><b>18</b> <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i></p>	<p><b>19</b> <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i></p>	<p><b>20</b> <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i></p>	<p><b>21</b> <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i></p>	<p><b>15</b> <i>Amherst 9AM</i> Lockprt-Middleprt Kissing Bridge</p>
<p><b>23</b> Buffalo 9AM Niagara on the Lake 18 mile Creek</p>	<p><b>24</b> <i>N.Tonawanda 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i></p>	<p><b>25</b> <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i></p>	<p><b>26</b> <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i></p>	<p><b>27</b> <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i></p>	<p><b>28</b> <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i></p>	<p><b>22</b> <i>Amherst 9AM</i> Bill's Training Ride Quaker Shaker</p>
<p><b>30</b> Buffalo 9AM Marty's Payne</p>	<p><b>31</b> <i>N.Tonawanda 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i> Jim &amp; Kathy's Party</p>	<p><i>Tonawanda 9AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i></p>	<p><i>Orchard Park 9AM</i> <i>Swormsville 6:30PM</i> <i>Orchd. Prk. 6:30PM</i></p>	<p><i>Lancaster 9AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i></p>	<p><i>Clarence 9AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i></p>	<p><b>5</b> <i>Amherst 9AM</i> Elma-Marilla II</p>

## Zen and the art of [nfbc@yahoo.com](mailto:nfbc@yahoo.com) maintenance

By Dennis Powell

Recently, an NFBC member posted an innocent, but probably inappropriate (by policy) question to the NFBC email list. The poster was looking for other born again Christians in the club. I couldn't recognize the member from the username but I assumed this person must be a new member since this person would have likely found like-minded folks at rides. The first reply to this poster was a harsh put-down to born again Christians. What bothered me more than abuse of the posting guidelines for our new email group was that the person replying, as well as subsequent side-takers, missed an opportunity to let a newbie know what club membership is all about. My reply would have been along these lines:

Yes, there are many born again Christians in the club. There are also Catholics, Protestants, Jews, and most likely people of Islamic, Hindu, Buddhist, and even Wiccan faiths, as well as many atheists and agnostics. There are folks with PhDs and others with High School degrees or less. We have doctors, lawyers, factory workers, civil servants, teachers, students, you name it. Republicans rub elbows with Democrats on our rides and I'm sure there are many Tea Partiers in the

group.

The point is you'll find a mix of wonderful people of all kinds of persuasions. When we get on our bikes something happens that unifies us. When we are out there, our religion is the Zen of the ride. Our politics are about rights to the road and any laws that might enhance driver-awareness of us being out there. Our differences are about whether steel is real or carbon fiber is the ultimate frame material. People who would flip levers different from mine in a voting booth are out in front, pulling me into the wind or helping me with a flatted tire.

If you are looking to socialize with people of only one religious group, I'm sure there are more efficient ways to do that than joining NFBC rides. My suggestion to the poster looking for born again Christians in the club is to simply come to the rides and enjoy the experience with the other riders, no matter what their spiritual leanings. You'll meet those in line with your beliefs and a lot of nice folks who, yes, might want to debate you over coffee or beer about your paradigm system, but who, nonetheless, are worth knowing because they share your joy of riding.

## NFBC Accident Reports, 2009 Season

By Lincoln Blaisdell

I received twelve Accident Reports from Ride Leaders for the 2009 season. There was one accident in both March and May, two in July and August, and six in September. So, we don't get safer as the season goes on.

Of the twelve crashes, two were caused by dogs, two were caused by a rider's bike touching another rider's bike, five were caused by road conditions (wet road, pot hole, gravel, speed bump, uneven surface), two were caused by vehicles (car hit rider, ambulance siren startled rider) and one was caused by inattention (rider swerved into ditch

while viewing scenery).

Most of the twelve resulted in bruises or abrasions, light to moderate, that needed first aid but no other medical attention. Three of the crashes required ambulances: the car encounter, the gravel encounter, and the ditch encounter.

While only one of the accidents was due solely to inattention, riders have to remember to be particularly attentive to road conditions, to cars, and to other riders—ALL season long!

And don't forget to watch out for railroad tracks!



## Report those aggressive drivers!

By Janice Cochran

On 4/11/10, six of us were riding west on E. River Road nearing the bridge to Gateway Park in Tonawanda. Coming east were two motorcyclists. A driver in a large sedan behind us had to wait for the motorcyclists to pass before he could pass us. The driver honked, then drove past in a rush, swearing and making obscene gestures at us. Seconds later, he broke hard and nearly caused several of the riders to crash into each other. The driver then left the scene.

Speaking for myself, I was quite shaken up by the driver's intent to cause us harm. I came very close to hitting the bicyclist in front of me or going down trying to stop quickly. However, we managed to make a note of the license plate # and the make/model of the car. Since the breakfast ride goes right by the Tonawanda police station, we made a stop and lodged our

complaint. Staff said they would attempt to track the vehicle and have a word with the driver. If they couldn't find the driver, they would look up the owner. They asked for a description of the driver and passenger and asked if we wanted to press charges. Reporting the incident means they have documentation of a complaint against this driver and if the offense is ever repeated, hopefully maximum penalties will be applied.

One last message-- do not get tangled up with dangerous drivers! You don't know if they're on drugs or carrying weapons. In the heat of the moment, no matter how offensive the infraction, let these people get away. Remember any details you can, *separate* yourself from them as soon as possible, and then report what happened to the authorities.

Speak up for your rights to the road! Ride on, ride safely.

*"The driver honked, then drove past in a rush, swearing and making obscene gestures at us."*

**Sunday  
May 2**

## Trash & Treasure—John Herman

**The Ride:** The ride starts at 10AM. To get to the ride start, take 219 south to the Armor Duells exit; right onto Armor Duells, right onto 277 South; right into ramp for Chestnut Ridge Casino Lot. It is a dual mileage ride: 24 mi. (easy), 700 ft. elevation, and 33 mi. (moderate), 1400 ft. elevation.

**The Clean-up:** NFBC maintains a 2 mi section on route 277 in Orchard Park, extending from Powers Rd. south to a location 1/4 mi south of Gartman Rd. Clean-up starts around 11:30 to 12 noon. You must wear your helmet! Work in pairs, facing traffic, and be sure you are briefed on safety by John before starting.

**The Party:** The party is on picnic tables across from the Casino, near the tennis courts. John will supply pizza, beer, water and soda. Just bring your smiles!



Betsy Dexheimer's

**MOTHER'S DAY  
Party Ride**

**The Ride:** The Ride starts at 10AM at the Genesee Country Mall on route 5 in Batavia (park behind Wendy's). Genesee County is known for smooth roads, no potholes, and scenic countryside! There will be two distances, both "Easy".

**The Party:** At Betsy's home, 19 Woodrow Rd. Woodrow is one mile west of the mall (just before Denny's). If you're 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 and a lawn chair.

**Sunday  
May 9**

**Monday  
May 31**

## Memorial Day Party Ride—Jim & Kathy Vozga

**The Ride:** The ride starts at 10AM at Clarence Middle School, on the corner of Greiner & Strickler Rds. It is a dual mileage (30/39 miles) ride over flat terrain.

**The Party:** Rain or shine!!! 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. 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.



## CAN AM Plans Progressing on Schedule

By Lincoln Blaisdell

The plans for the 2010 Can Am on Sunday, August 22 are proceeding on schedule. The committee, which has had three meetings so far, is being led by many of the same volunteers who have made the event so successful in the past: Moe Balling—advertising and marketing; Brenda Fischer—route; ride support—Ian Currie; food—Liz Williams and Darrell Skelton; Saturday tour—Rebecca Ribis; and night-before party—Bob Mahaney. The CanAm Committee still needs someone to volunteer to be in charge of clean-up.

We also have some new people who have volunteered for important tasks. Gwen Macool has taken charge of the Rest Stops, a very big task. Luckily, some of the people who staffed individual rest stops in previous years have signed on for that responsibility again. We could use still more people to help at rest stops, however.

Mike Fischer's job as Can Am chair was too big for any one person to do, so we have split his role into two main functions. I (Linc Blaisdell) have agreed to chair the Can-Am meetings, also helping Rebecca to update the 2010 Rider Booklet. Through the help of Chuck Giglia, Director of Sports Sales for the Buffalo Niagara Sports Commission, I was able to arrange

for the Hyatt Regency to host out-of-town riders at an excellent discount.

Dennis Powell has taken over Mike's big job—on-line registrations. Dennis has the Can Am web site up and running, and he has even started getting reservations for this year's ride! You can see the results of Dennis' efforts by following the link to the Can Am on our NFBC website.

Many NFBC members have enjoyed participating in the Can Am in previous years. Quite a few members whose names have not been listed in this article have contacted the committee to volunteer again this year. If you would be willing to help with the 2010 Can Am in any capacity, please get in touch with me ([linc43@roadrunner.com](mailto:linc43@roadrunner.com), 479-9431) to volunteer your services.

Those of you who plan to ride the Can Am this year should note that we have raised the price slightly. If you register before July 25, the price will be \$45. From July 26 through August 15 it will be \$55. And from August 16 to ride day the cost will be \$70. So don't wait until the last minute. Register soon. Seeing the registrations by NFBC members pour in makes the committee members sleep easier at night and makes them feel that their efforts are appreciated!

## Roy's Membership Update

By Roy Tocha, April 13

There are about 350 members in the club. There were about 490 members at the end of last year.

Many of you have probably noticed the new NFBC Yahoo Group. I have sent out invitations to most of the current members in the club. After you receive an invitation to join, it is necessary for you to reply to this message by clicking on the appropriate link. Many of you have not done this, so I have started to manually add members to the group.

To send an e-mail to everyone in the Yahoo group, your "send to" line should address; [nfbc@yahoogroups.com](mailto:nfbc@yahoogroups.com). This sends an e-mail to everyone in the group. It is expected Yahoo members will use this privilege responsibly, as stated in previous e-mails. The group has about 150 members as of April. I can only add 10 per day. I can invite 50 a day, so your response to the invitation mentioned above would be appreciated.

Thank you.  
Roy

## 40<sup>th</sup> Anniversary Activities Announced

The 40<sup>th</sup> Anniversary Committee has announced more activities to fill out the August 27-29 celebration weekend. The weekend will begin with a Friday night (8/27/10) get-together at Eddie Ryan's in Lancaster (7PM). Saturday (8/28/10) is the Annual Club Picnic, this year at Elma Meadows; bike rides in the morning and a catered picnic in the afternoon. On Sunday (8/29/10) the committee is planning a brunch followed by a tour of Frank Lloyd Wright's Darwin D. Martin House at 125

Jewett Parkway (1:30 PM). The tour is limited to 60 persons. The Committee hopes that these activities will draw together early members and club founders who no longer ride with the club, with current members. Get more information or volunteer to help, by contacting Jean Flinder Frederick (716-692-3611 ([jeanbike1@msn.com](mailto:jeanbike1@msn.com)) or Nancy Paluch Haberly (716-649-5374) ([haberlyn827@juno.com](mailto:haberlyn827@juno.com)).



Attn: Party People! We are looking for a host/ hostess for this year's Labor Day Party. Lori Harf has booked a European trip and will not be able to do her regular Labor Day party. This is a great opportunity to have all your bike friends over to share food & laughter. Call Jean Frederick, 692-3611 or [jeanbike1@msn.com](mailto:jeanbike1@msn.com)

For more detailed descriptions of these club trips and excursions, look at your copy of the March issue of the NFBC Newsletter, or go to: <http://www.nfbc.com/NFBCNews/Mar10NFBCNews.pdf>

**May 30 to  
June 10**

## Spring in Provence

The price you pay includes your way on plane and train, the places you stay along the way, the bike you ride, tours of things old and new, morsels to feed your gustatory pleasures and surprises hosted by your guides.

**Provence, France** Price per person double is \$2995.00. The single supplement is \$550.00. Deposit is \$1500.00. Final payment is due April 10<sup>th</sup>. All funds are non-refundable once paid. For details, please call Richard Lepie at 741-2762 or via email at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). To reserve your space, please use the reservation form included in this Newsletter.

**June 25-27**

## Batavia/ Mumford War of 1812 Trip

June is right around the corner and so is the Batavia/Mumford War of 1812 trip! We'll start from Terry's house (750 Dodge Road--plenty of parking). First stop is the Octagon House in Akron, then lunch at Mary's Good & Plenty. Onward to Batavia where we will be staying at the Best Western. Fri. dinner TBD. Saturday morning we're off to Genesee Country Village and Museum for the War of 1812 Re-enactment. Lunch at the Museum and then an easy ride back to Batavia. Dinner at Alex's Place for Steak, Ribs and Seafood. Sunday morning we'll have an easy ride home.

Mark your calendar now for June 25-27. If you need to reserve a room, please call Rebecca at 635-0223. If you are planning to come just Saturday for the ride to Mumford, please let us know. This is a trip designed with lots of flexibility and options, but we do need to plan for our Friday night festivities and reservations for Alex's on Saturday. If you're joining any part of this trip, contact Terry — [tturski@aol.com](mailto:tturski@aol.com) or Jean at [jeanbike1@msn.com](mailto:jeanbike1@msn.com). The deadline is June 13th.

## HORSEY 100 Georgetown, Kentucky

This weekend is hosted by the Bluegrass Cycling Club. It is staged at Georgetown College, 10 miles North of Lexington in the heart of horse country. Ride by many spectacular horse ranches. Rides are typically easy rolling to rolling hills (MOD/M-D). The primary century ride takes place on Saturday. "Seagull century riders", take note. Multiple mileages are offered. Registration is \$50 for Sat and Sun. The Bluegrass people offer a ride on Friday (no cost). Google "Horsey 100, Ky". Site will take you to the Bluegrass Cycling Club's website with links to the registration form. Also, you'll find reviews from other clubs and photos. May is a great month in Kentucky! Everything is in bloom. Temperature, 70's into the 80's.

**Alex invites  
you to join him in a  
great excursion  
opportunity for club  
members and friends:**

"I already booked a room (4 nights, 27-30 May) at the Comfort Suites at 121 Darby Dr., Georgetown. It offers the best in quality and price. A large continental breakfast is included. On-line senior rate is \$71.99 + tax. It is located 1.7 miles from the campus (ride starts) and Main St." Alex

**For more information, contact Alex Setlik:**  
[alex.setlik@verizon.net](mailto:alex.setlik@verizon.net)

**May 28  
-30**

## NY-PA EAST SMALL TOWN TOUR

4 nights, 255 miles, avg. M-D.

Very scenic, quaint small town tour thru Wellsboro, Mansfield, Towanda, Sayre, Elmira, Corning, Bath, Hornell, Angelica, and Belmont. Ride the famous PA Route 6 corridor. Follow the Susquehanna and Chemung River from Towanda to Corning, and much more. Many great views to enjoy. Tour is van supported. Join us on this fabulous adventure.

**July 29-Aug 2**

**Eastern NY-PA** Price per person double is \$225.00. The single supplement is \$215.00. Full payment is due with reservation. All funds paid are refundable until the 29<sup>th</sup> of June, after which there are no refunds. Reservations received after the 29<sup>th</sup> of June incur an additional charge of \$25.00 per person. Space is limited to 16. For details, please call Richard Lepie at 741-2762 or via email at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). To reserve your space, please use the reservation form included in this Newsletter.



## The Ohio club is coming here, and we're going...

Another preview! On June 12, join in with Silver Wheels Bicycle Club of Lorain County, Ohio and NFBC for the "Tour de Goat Island" scenic, casual ride, and two more rides offered that day (to be announced in the June *NFBC Newsletter*.) After the rides there will be a picnic and partying with the Ohio group. Can't ride? Come join in for the picnic. We need 1 or 2 volunteers who will not be riding, or who ride really fast, to help set up the lunch and start up the grills while we are out with the Silver Wheels Club. If you can help, please contact Sue or Tom Williams (688-2981 or scwilliams46@roadrunner.com.)

And don't forget, the NFBC trip to Ohio is July 10-14; the same folks from Silver Wheels will help host. More details at right. Get your reservation form (below) in to Richard Lepie for the NFBC trip to Oberlin, Medina and Vermillion Ohio.

Now is the time to get your reservations in for the NFBC trip to Oberlin, Ohio. We are finding more and more fun and exciting things to do in the Oberlin Area of Ohio. This weeks finds are Bike Shops and a Bike Co-Op on the Oberlin College Campus that is looking forward to having NFBC visit and see how their Bike Co-Op operates. No need to worry if anyone needs bike maintenance while in Oberlin. There is a Saturday Night drive-in movie for bicycles!

**Oberlin, Ohio**

**July 10-14**

**Oberlin, Ohio** Price per person double is \$255.00. The single supplement is \$200.00. Full payment is due with reservation. All funds paid are refundable until the 11<sup>th</sup> of May. There is a \$100.00 cancellation fee from the 12<sup>th</sup> of May to the 11<sup>th</sup> of June. After the 11<sup>th</sup> of June there will be no refunds. People reserving after the 11<sup>th</sup> of May must pay an additional \$25.00 per person. For details, please call Richard Lepie at 741-2762 or via email at [richard\\_suntreader@hotmail.com](mailto:richard_suntreader@hotmail.com). To reserve your space, please use the reservation form included in this Newsletter.

Bicycling tip: "Always take a handkerchief along on a bike ride rather than a wad of Kleenex. It's a lot more efficient and better for the environment!"  
Brigitte Bachman

### Reservation and Payment Form for Richard Lepie's NFBC Club Trips (Oberlin, Eastern NY-PA) and Excursion (Provence):

<b>Name:</b> _____	<b>Name:</b> _____
<b>Address:</b> _____	<b>Address:</b> _____
<b>Telephone:</b> _____	<b>Telephone:</b> _____
<b>NFBC Number:</b> _____	<b>NFBC Number:</b> _____
<b>E-mail:</b> _____	<b>E-Mail:</b> _____
<b>Roommate if submitting separate forms:</b> _____	

1. **Provence:** Double \$2995.00 Single \$3545.00 after April 10<sup>th</sup> Double \$3195.00 Single \$3745.00
2. **Oberlin:** Double \$255.00 Single \$455.00 after May 11<sup>th</sup> Double \$280.00 Single \$480.00
3. **Eastern NY-PA:** Double \$225.00 Single \$440.00 after June 29<sup>th</sup> Double \$250.00 Single \$465.00

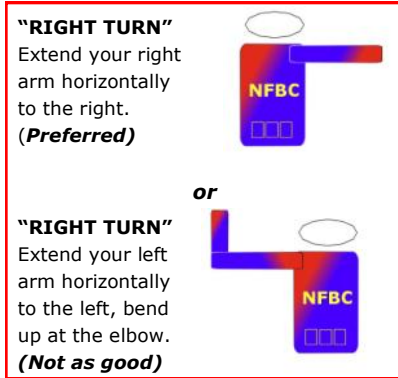
Please circle trip or trips that this reservation form covers

**Please make checks payable to Richard Lepie and mail along with this form to:**

**Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031**

**Questions: e-mail [Richard\\_suntreader@hotmail.com](mailto:Richard_suntreader@hotmail.com) Voice: 741-2762**

## Safety tips, Part I revisited



To the editor: I strongly disagree with one of the Safety tips from page 10 of the April 2010 Newsletter (reprinted at left). When signaling your intention to make a RIGHT turn on a bicycle, I think that the left arm bent at right angle is the preferred signal, for three reasons: ONE - it is the classic and traditional signal for a right turn. TWO - most people are right handed, and their right arm is stronger. It is easier to maintain control of the bike with the stronger arm while signaling a right turn. THREE - if a line of bicyclists is all signaling a right turn by extending their right arms, drivers approaching the line from behind cannot easily see the signal. However, if they signal the turn on their left side, cars approaching from behind cannot miss seeing it. In my opinion, it is critically important that drivers can easily and clearly know our intentions on the road, and the bend-arm right turn signal accomplishes that.

Liz Williams

*Thanks Liz,  
You raise a good point, and I don't disagree with you. NYS law allows either signal, although they list the "right arm straight out horizontally" first, and bent left arm second. I got the "preferred" from bicycle safety instructions on various web sites, including the League of American Bicyclists, where the key concern is maximum visibility. When riding in a somewhat bent down position (drops or hoods), the "up" part of the bent arm isn't as visible as you think, or as visible as it would be if you were sitting upright in a motor vehicle. Clearly some people ride more upright than others, but on average, most club riders would probably signal more visibly with the straight arm signal than the bent arm one. The arm to the right has the advantage that it is more visible to those behind or to the right who are also intending to turn right, but as you point out, vehicles to left of you would see the left arm signal more clearly. Use whichever one best fits your riding style and the traffic situation.*

### Niagara Frontier Bicycle Club

#### BOARD OF DIRECTORS

**President**  
Lincoln Blaisdell (479-9431)  
4715 Ransom Road  
Clarence, NY 14031  
[linc43@roadrunner.com](mailto:linc43@roadrunner.com)

**Vice-President**  
Jean Frederick (692-3611)  
588 Sweeney Street  
North Tonawanda, NY 14120  
[jeanbike1@msn.com](mailto:jeanbike1@msn.com)

**Secretary**  
Dennis Powell (691-6233)  
1031 Tonawanda Creek Road  
Amherst, NY 14228  
[powelldj@roadrunner.com](mailto:powelldj@roadrunner.com)

**Treasurer**  
Kathy Karnath (688-2968)159  
Wyeth DriveGetzville, NY  
14068  
[kkarnath@seagatealliance.com](mailto:kkarnath@seagatealliance.com)

#### Board Members

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

Brenda Fischer (683-3961)  
11 Lake Forest Parkway  
Lancaster, NY 14086  
[brendafischer99@yahoo.com](mailto:brendafischer99@yahoo.com)

Cindy Stachowski (868-7005)  
5828 Ainslee Lane  
Lake View, NY 14085  
[csbikesalot@yahoo.com](mailto:csbikesalot@yahoo.com)

Ron Wakefield (877-2140)  
P.O. Box 237  
Kenmore, NY 14217  
[ron.wakefield@verizon.net](mailto:ron.wakefield@verizon.net)

Liz Williams (759-8353)  
4614 Hampstead Drive  
Clarence, NY 14031  
[brightbluesky9@aol.com](mailto:brightbluesky9@aol.com)

#### Membership Chairperson

Roy Tocha (254-4285 )  
11 North Eaglecrest Drive  
Hamburg, NY 14075  
[rtocha@yahoo.com](mailto:rtocha@yahoo.com)

#### Club Historian

Jim Vozga (741-9440)  
5830 Strickler Road  
Clarence, NY 14031  
[voz@aol.com](mailto:voz@aol.com)

#### Newsletter Editor

Elaine Rubenstein (633-2133)  
106 Summer Hill Lane  
Williamsville, NY 14221  
[elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)

#### Newsletter Circulation

Sue and Bob Alessi  
3637 Northcreek Run  
Wheatfield NY 14120  
[salessi1@roadrunner.com](mailto:salessi1@roadrunner.com)



Print Form

**NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION**

*NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT*

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:  
**1. ACKNOWLEDGE**, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.  
**2. FULLY UNDERSTAND** that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in this activity.  
**3. HEREBY RELEASE**, discharge, and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.  
 I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER. (See below).

Name

Address  Address Change?  Yes  No

City  State  Zip Code  Phone  Cell

Email 1  Email 2  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"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
<b>TOTAL</b>	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:  
 NFBC Inc.  
 c/o Roy R. Tocha  
 11 N. Eaglecrest Dr.  
 Hamburg, NY 14075-1807


In 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:

- 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.
- All riders must wear a Snell or ANSI approved bicycle helmet.
- Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
- Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
- 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.
- Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
- Riders make certain there is adequate safe space between themselves and the rider in front.
- Riders should communicate with other riders by calling out and announcing the following:
  - "Car Back"- warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders
  - "Car Up"- warning the group that a car is approaching from the front. It is important to pass the word back.
  - "Single Up"- telling the group that riders need to be riding single file
  - "Car Left or Right"- warning riders at intersections or other places that a car might enter the path
  - "Walker or Runner Up"- warning riders there is someone on foot on the riders' side of the road.
  - "Tracks"- warning riders about railroad tracks. Riders should cross at right angles to the rails.
  - "Road Kill"- warning riders there is a dead animal in their path.
  - "Hole(s)"- warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.
  - "Stopping or Slowing"- warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.
  - "On Your Left or Right"- warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

Niagara Frontier Bicycle Club  
3637 Northcreek Run  
Wheatfield NY 14120

MAILING ADDRESS



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