

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

May, 2011

We ride every day

Volume 42, Issue 4

Dates to Remember

- May 1, Evening rides begin at 6:30
- May 1, Trash and Treasure
- May 8, Betsy's Beaucolic Batavia Rides & Party
- May 28, Members Memorial Rides
- May 30, Jim & Kathy's Memorial Day Ride & Party

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www.nfbc.com

May is National Bike Month; Ride with NFBC

May is National Bike Month, a time to raise community awareness of bicycling and safety issues and to promote bicycling for its health and recreational value and as well as a viable transportation alternative to burning fossil fuels. The League of American Bicyclists puts special emphasis on Bike to Work Week (May 16-20) and Bike to Work Day (May 20); their web site (<http://www.bikeleague.org/>) has information and promotional materials of interest. In a sense, the NFBC is celebrating Bike Month by offering a great collection of rides and many special events.



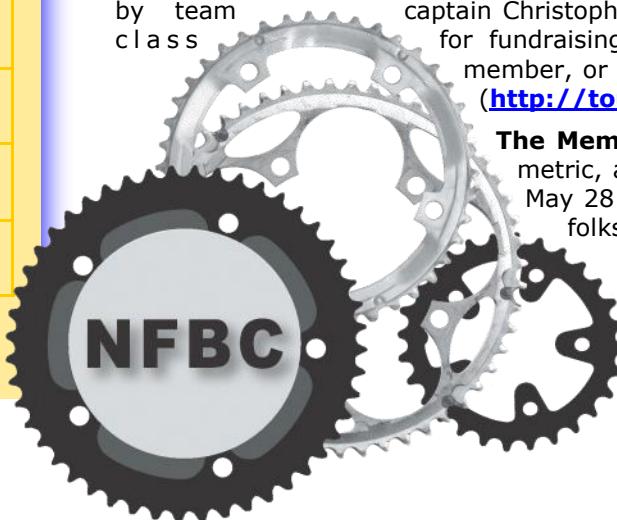
For the 19th year, NFBC will clean up its adopted highway on the May 1st **Trash & Treasure Ride**. Following a 33/24 mile ride, members will clean up a 2 mile section of Route 277 in Orchard Park, and then relax with a pizza party.

The party season gets under way, beginning with "**Betsy's Beaucolic Batavia**" (see article on page 6) and **Jim & Kathy's Memorial Day Party Ride**.

On Saturday, May 7, the ride **Lancaster on the Weekend** begins at 3PM instead of a usual morning start. The timing is intended to encourage riders to pick a spot to meet up for dinner after the ride.

Bill's Training Ride on Saturday, May 21, will help people train for the Tour de Cure on June 4. The ride was named for the Late Bill McLaughlin, who was a true leader in organizing and fundraising for this event run by the American Diabetes Association. Non-NFBC members preparing for the Tour may also join Bill's Training Ride, so be prepared to offer riding tips to newbies. By the way, as of this writing, the NFBC Tour de Cure team, led by team captain Christopher Puchalski, is in 2nd place in its class for fundraising. Donate to support a team member, or better yet, join the team yourself (<http://tour.diabetes.org>) and ride!

The Members' Memorial Rides (century, metric, and 30) will be held on Saturday, May 28 (See article on page 4). Some folks may tailgate afterword.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

MAY 2011 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff	Elev	Start Location	Ride Leader
Sun, May 01	10:00 AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Sat, May 07	3:00 PM	357	Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	Liz Skelton 759-8353
Sun, May 08	10:00 AM	763	Genesee Pk and Forest Party Ride (Betsy's Beauclolic Batavia)	45 / 32	Mod	0	Lot behind Wendy's 44 Main St Batavia (old Gene-see Mall) Batavia	Betsy Dexheimer 585-343-5172
Sun, May 08	10:00 AM	748	Bloody Run	44 / 36	MD/Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Loren Danaher 430-1600
Sat, May 14	10:00 AM	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Jane Armbruster 688-3943
Sat, May 14	10:00 AM	216	Kissing Bridge Ride	44 / 30	XD/ mod	3200/ 1500	Hamlin Park (south parking lot), S Grove St, E. Aurora	Gwen Macool 560-0218
Sun, May 15	10:00 AM	382	New Ride from Westwood	35 / 27	0	0	Westwood Park, Erie St & Pavement Rd., Lancaster	Linc Blaisdell 479-9431
Sat, May 21	10:00 AM	361	Bill's Training Ride	30 / 16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Jane Armbruster 688-3943
Sat, May 21	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	Bradshaw Hovey 857-0906
Sun, May 22	10:00 AM	708	Niagara on the Lake	45 / 38	Easy	0	Niagara Falls Aquarium, 701 Whirlpool St., Niagara Falls	Tom Barone 240-9926
Sun, May 22	10:00 AM	339	Eighteen Mile Creek	44 / 22	Diff/Mod	2500/750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	John Clauss 533-7722
Sat, May 28	7:00 AM	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Dennis Powell 691-6233
Sat, May 28	9:00 AM	143	Members Memorial Metric Century	63	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Jane Armbruster 688-3943
Sat, May 28	10:00 AM	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Bob Alessi 694-0853
Sun, May 29	10:00 AM	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	Karen Sprada 684-9039
Sun, May 29	10:00 AM	118	Quaker Shaker	34	MD	1650	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	John Clauss 533-7722
Mon, May 30	10:00 AM	264	Jim and Kathy's Party Ride	30			Clarence Middle School, Greiner and Strickler	Jim Vozga 741-9440

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

On Sat. May 28 the breakfast ride out of UB will be cancelled so that everyone can participate in the Members Memorial Rides. On Monday, May 30, the morning and evening North rides, but NOT the evening South ride, will be cancelled so that everyone can participate in Jim & Kathy's Memorial Day Ride and Party.

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park, 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
Wednesday	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)	Peg Walker (741-4616), Gerry Russell and Jane Armbruster
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	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
Friday	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
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
Sunday	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 (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to 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 to send a card from NFBC.

MAY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>Buffalo 9AM</i> Trash & Treasure	2 <i>Pendleton 10 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	3 <i>Tonawanda 10 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	4 <i>Orchard Park 10 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	5 <i>Lancaster 10 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	6 <i>Clarence 10 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	7 <i>Amherst 9AM</i> Lancaster on the Weekend
8 <i>Buffalo 9AM</i> Betsy's Beaucolic Batavia Party Ride Bloody Run	9 <i>Pendleton 10 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	10 <i>Tonawanda 10 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	11 <i>Orchard Park 10 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	12 <i>Lancaster 10 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	13 <i>Clarence 10 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	14 <i>Amherst 9AM</i> Lockport to Middleport Kissing Bridge Ride
15 <i>Buffalo 9AM</i> New Ride from Westwood	16 <i>Pendleton 10 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	17 <i>Tonawanda 10 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	18 <i>Orchard Park 10 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	19 <i>Lancaster 10 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	20 <i>Clarence 10 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	21 <i>Amherst 9AM</i> Bill's Training Ride Marty's Payne
22 <i>Buffalo 9AM</i> Niagara on the Lake 18 Mile Creek	23 <i>Pendleton 10 AM</i> <i>Clarence 6:30 PM</i> <i>E. Aurora 6:30 PM</i>	24 <i>Tonawanda 10 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	25 <i>Orchard Park 10 AM</i> <i>Swormsville 6:30 PM</i> <i>Orch. Park 6:30 PM</i>	26 <i>Lancaster 10 AM</i> <i>Pendleton 6:30 PM</i> <i>Lancaster 6:30 PM</i>	27 <i>Clarence 10 AM</i> <i>Amherst 6:30 PM</i> <i>Elma 6:30 PM</i>	28 Members Memorial Rides
29 <i>Buffalo 9AM</i> Lancaster to Akron Quaker Shaker	30 <i>E. Aurora 6:30 PM</i> Jim & Kathy's Party	31 <i>Tonawanda 10 AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30 PM</i>	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.			

On Sat. May 28 the breakfast ride out of UB will be cancelled so that everyone can participate in the Members' Memorial Rides. On Monday, May 30, the morning and evening North rides, but NOT the evening South ride, will be cancelled so that everyone can participate in Jim & Kathy's Memorial Day Ride and Party.

The Members' Memorial Ride to be held on Saturday, May 28

By Jim Vozga

The Members' Memorial Rides will be held this year on Saturday, May 28. It is the current NFBC practice to begin the ride with mention of members who have died in the past year, and to ride in honor of them and of all our fellow members who have passed on. This year, special mention will be made of Tom Browne who passed in July 2010.

The Members' Memorial Ride began as the "Metzler-Marquardt Memorial" Ride, established as far back as 1978. Bill Marquardt was a friend of Jim Metzler, one time NFBC President. Bill stayed at Jim's home overnight on a cross country bike ride and the next day he was killed by a car not too far east from here. At first, the Mileage Trophy was called the Bill Marquardt Memorial Trophy. It was later changed simply to the permanent mileage trophy

after the club decided to name the Century Ride in his honor. A few years later, Jim Metzler was killed while riding his motorcycle, and in 1981 his name was added to the existing century ride. This single day ride morphed into a Century Weekend due largely to Debbie Dessert's efforts. Rides from 25 to 200 miles were available, along with dinners and overnight camping. It remained that way for over 25 years.

After several other active members passed due to a variety of reasons, the ride name was changed to the Members' Memorial Ride. The first ride so named occurred in 2001. Few members at that time had belonged to the club when the original honorees rode, so remembering a broader group of riders seemed more fitting then, as it does today.

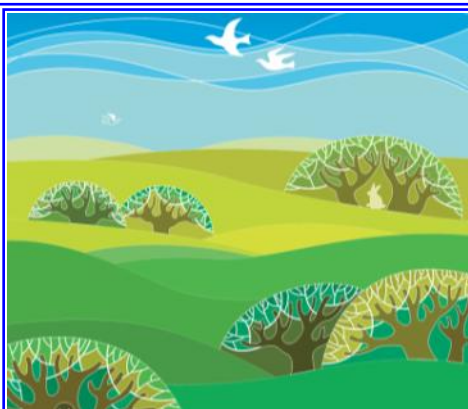
**Sunday
May 1**

Trash & Treasure—Judy Herman and Linc Blaisdell

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 the ride leaders before starting.

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



Betsy's Beaucolic Batavia Party Ride

(AKA Genesee Park & Forest 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 three distances, one is "Easy".

The Party: At Betsy Dexheimer'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. If you need directions, call Betsy at 585-343-5172.

**Sunday
May 8**

**Monday
May 30**

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 usually a dual mileage (30/39 miles) ride over flat terrain.

The Party: Rain or shine!!! This marks the 17th year that Jim & Kathy have hosted their gourmet party on Memorial Day! 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.



Leesburg, Virginia Club Tour

June 30-July 4, 2011

Please mail your reservation form as soon as possible, as there are only a limited number of rooms. The fees for the trip include hotel, daily breakfast, ride maps, parties, entertainment and special events. Trip insurance

is available – please call during working hours. Full payment is due with reservation. All funds paid are refundable until the 15th of May. There is a \$100.00 cancellation fee from the 16th of May to the 29th of June. After the 29th of June there will be no refunds. People reserving after the 15th of May must pay an additional \$25.00 per person.

Experience Virginia's culinary and historical treasures just 25 miles from Washington D.C. in Loudoun County. Alex is back and has planned some fantastic rides, through some of the most scenic areas in the Eastern US, including charming towns and villages steeped in history. We will be staying at the Best Western. There's an outdoor pool to cool off and outdoor space for parties, etc. A large continental breakfast is included. *For a more complete description of the trip, see the March issue of the NFBC Newsletter. For details about specific rides, see Alex Setlik's post to nfbc@yahoogroups.com*

Payment Form for Leesburg VA trip:

Name: _____

Address: _____

Telephone: _____

NFBC Number: _____

E-mail: _____

Roommate if submitting separate forms: _____

Name: _____

Address: _____

Telephone: _____

NFBC Number: _____

E-Mail: _____

Cost: Double \$275.00 Single \$490.00. After May 11th Double \$300.00 Single \$515.00

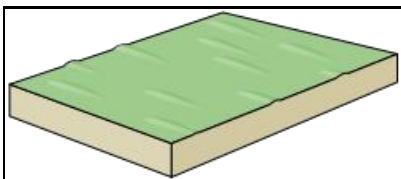
Please make checks payable to Richard Lepie and mail along with this form to: Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031. Questions?: e-mail: Richard_suntreader@hotmail.com Voice: 741-2762 nights and weekend, 635-0223 working hours.

Betsy's Beaucolic Batavia Ride: A new take on Batavia terrain

By Dennis Powell

Betsy was pondering whether or not to have her party ride this year. She has had bad luck with weather. It's a long drive from Buffalo (not actually THAT long a drive). In one of her emails as she went back and forth about doing her party ride, she used the word 'beaucolic' to describe the area. You won't find beaucolic in Websters, but I thought, what a perfect word to make up to describe it, bucolic, as in country setting and beautiful as in nice scenery.

Batavia is the start of a geographic feature called a drumlin field that gets fairly dense under Rochester. Drumlins are little 'bumps' left over from the glaciers. What that does for



cycling is it adds character to the ride. The views will be of lumpy cow pastures and the roads will undulate gently over these lumps. Speaking of cows, Genesee County is all about farming, so once you get away from the Village of Batavia, you are

quickly going down quiet 'country' roads. You may see a lot of cows, but modern farmers often diversify into niche markets by raising alpaca, ostriches or even buffalo, so be on the lookout for some unique livestock.



Ride distances are a more-for-the-money 45 and a more sedate 32. Alex has even provided an easy 22 mile cutoff for those that don't want to bother seeing what all that beaucolic scenery is about.

After the ride, Betsy Dexheimer is hosting a get-together at her house in Batavia. When asked if everyone will have a good time, Betsy replied "YAH!" So there you have it.

Head east for a nice Mother's day ride, grab some sustenance at Betsy's, then take Mom out to Dinner in the evening, which is really what she wants for Mother's Day anyway.

July 30-Aug 1 Toronto Bike Train Trip

The train schedule is set: make your hotel reservations now to join the group!



BIKE TRAIN

- On Sat., July 30, We'll load our bikes on the 11:40AM train in Niagara Falls, ON, and travel in comfort to Toronto (Train schedules & info at: <http://www.niagaragotrain.com/index.php/more-info/schedules-and-fares/>)
- After check-in at the Holiday Inn Express Downtown, enjoy Toronto sites and dining with the rest of the group. There are single & double rooms available, which hold up to 3 or 4 (or fewer) so ask around for a roommate if you want to share costs. A group dinner, sightseeing, and a bike ride are highlights of the overnight Toronto visit. Breakfast is provided at the hotel.
- On Sun., July 31, meet the group at the designated time and place to begin the cycling adventure back to home. Tom will lead the ride at a leisurely pace, beginning with the Waterfront Trail, for the 40 mile ride to Burlington. There will be a lunch stop in scenic Port Credit.
- Sun., July 31 will be an overnight stop at the Burlington, ON Holiday Inn. They offer a swimming pool, hot tub, sauna, and games room for recreation; restaurants are a short walk from the hotel.
- On Monday, August 1, Tom will lead the group along a new route back to the Niagara Falls ON, passing vineyards and orchards (stops will be your choice), with a group lunch stop in charming Port Jordan.
- For questions, contact Tom Barone: tbarone2@roadrunner.com or 418-9132. Tom will provide links to detailed maps and cue sheets for the routes, wineries, and post more trip details on nfbc@yahoogroups.

STEP #	What you need to do:	How to do it:
1	Reserve your room in Toronto for Saturday, July 30, 2011	Contact the Holiday Inn Express, Downtown Toronto, at 416-367-5555 or www.hiexpress.com/torontodtwn Be sure to mention the "Bike Train Riders" group block to get a room with our group rate.
2	Reserve your room in Burlington, ON for Sunday, July 31, 2011	Contact the Holiday Inn Burlington, 905-639-4443 ext 4676, or 1-888-987-4888, or unh2248res@whg.com Be sure to mention the group block ID "829934" to get a room with our group rate.
3	Purchase your train ticket at the station on the day of departure (Saturday, July 30, 2011) for the 11:40 AM train from Niagara Falls, ON to Toronto	Arrive at the Niagara Falls, ON Train Station AT LEAST ONE FULL HOUR before departure. Buy your ticket at the train station ticket office.

Roy's Membership Update



**By Roy Tocha,
NFBC Membership
Chairperson**

NFBC now has about 318 members. There are 42 new members. 169 members from last year have not renewed yet. The club has; 247 Households, 46 mailed NFBC Newsletters, 42 new members and I have mailed 37 map CD's.

Welcome new members: Ralph & Julie Allen, Mark V Ballachino, Dennis Borden, Jonathan Bottoms, Gabriella S. Castillo, Joshua Dubs, Leslie Duggleby, Brian L. Fitts, Mary Alice Garlipp, Charles Grammer, Bill Graves, Andrew Hochworte, Tom Hochworte, Jean & Mike Jurek, Sara Kay, Larry Kellogg, Jaime & Rachel Kittleson, Patricia Lyons, Donat Madore, Marianne McGinty, Chris Mierzwa, Jim Murphy, John Nasca Jr., Jim & Cynthia Page, Douglas Peck, Colleen Reap-Lemke, Joseph & Valerie Rizzo, Michelle Sahli, Randall D. Shortridge, George E. Sinclair, Harry Slocum, James Turner, John Vinson, Andrew Williams, Edward J. Wysocki

Thanks,
Roy

Volunteer Ride Leaders: We count on them every day

By Dennis Powell

We belong to NFBC so we can ride in groups, and in order for that to happen smoothly and consistently, we count on a lot of pieces falling together. The Ride Committee schedules rides and helps to develop weekend cue sheets; the weather has to cooperate; and essential for each ride, we must have a Ride Leader, or as Bill McLaughlin liked to refer to them, a Ride Facilitator.

The Ride Leaders who take on the regular, "day of the week" rides make a herculean commitment to lead a given ride at a specified day and time for the entire riding season (as much as 30 weeks!) Often these leaders develop their own group of rides from their start locations. Their role is essential: the club can't function without them. Thank them every chance you get!

Time constraints lead some members to focus on the weekend rides, looking forward to the longer and more varied rides to indulge in this recreational activity. Leading these rides is a great way to "share the load", by making a one-time commitment.

The Ride Facilitators' central responsibility is to show up about ½ hour before the ride start at the ride location (no matter what the weather) with the packet of maps and a sign-in sheet provided by the ride committee, and a pen (not provided by the Ride Committee). Folks wishing to ride sign the sheet and take a map/cue sheet. Once the ride commences, the ride leader is free to leave (i.e.

does NOT have to ride). The only other obligations are to mail the sign-in sheet in the stamped pre-addressed envelope provided by the Ride Committee, and if necessary, complete accident reports. That's it. BUT it doesn't have to stop there.

The 'Extra Mile' ride leaders might drive the route and take notes on road hazards and places to be careful of, such as gravel on a downhill. They'll go over safety reminders before the ride and some-

times share announcements. They might attempt to contact a business listed as a rest stop on the cue and check if they will be open when the riders go through. They might email the Ride Committee Chair after the ride and note the pluses and minuses of the route. Some even offer refreshment for post ride tail gating. For certain, when you encounter one of these 'Extra Mile' leaders, buy them a coffee or offer them a beer after the ride. Thank them generously.

The biggest part of being the ride leader is just getting there, handing out the maps, getting everyone signed in, and then getting the signatures in the postal box. That's it, and that's great. It is, by far, one of the easiest ways to help the club out.

The NFBC web site has the ride schedule linked off of the main page. Rides that don't have a ride leader in the far right column are available for the taking. Please contact me, Dennis Powell, and let me know what ride you would like to lead. My phone number and email address are elsewhere in the Newsletter. Your help is appreciated.



Niagara Frontier Bicycle Club

BOARD OF DIRECTORS

President

Lincoln Blaisdell (479-9431)
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Clarence, NY 14031
linc43@roadrunner.com

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Membership Chairperson

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1. April wasn't entirely cold, windy, and wet, but it seemed like it. Riders on the Friday morning north ride, on April 22, were dressed for the 39° starting temperature. From L to R, Brad Chase, Lin Michalczak, Bob Silkes, Bruce Jansen, Bob Alessi, Greg Heim

2. The WNYMBA Swap Meet was held at the Clarence Center Fire Hall on April 3. NFBC members who were there represented and promoted the club, shopped, or sold bikes and other gear. L to R, seated: Margaret Rockwood and Jean Frederick; standing: Rich McCarthy, Brad Chase, Mike Dusing, Tom Barone.

40 Years Ago



By Jim Vozga,
NFBC Historian

Bicycle Licensing: In the last few months, I read with great interest about the big flap over the licensing of bicycles--New York States' latest attempt to extract money from its residents. I never thought much of it until I was researching the old NFBC archives for something else and came across a 1971 article mentioning the fact that the Bicycle Law contained a section requiring licensing; and



that with the upcoming Gear '71 to be held in Canandaigua, what would they do with the out of state riders? That set off a synapse in my brain remembering when I had a license on my bike as a kid (back during the Punic Wars I think). I was riding a monster of a bike at the time built by Western Auto. I remember that it was more like a Harley than a Schwinn! It had two large springs by the fork and the head tube, thick chrome fenders that covered tires so wide that today would be "New York State Thruway Legal," and chrome crash bars attaching to the seat and chain stays; and it weighed over 50 lbs! At that time, you had to ride your new bike over to the local police precinct to



register and pay \$1.00 for the license. Then a police officer would come out and install the small, square, metal license behind your seat. It at-

tached with a metal band that worked like a modern day plastic wire tie; once you slid it through the end tab you could only go forward, not backward. Because the license could only be removed with wire cutters, we thought it would prevent bike theft! The licenses matched the color and design of automobile plates then, black and orange, so the kids thought it was cool to have a smaller, bicycle version of the plates on their parents' cars. So, I guess there is a precedent for such a "tax" but I'm not surprised it never got to a vote in the legislature. By the way, old bicycle license plates are valuable collectibles.



Baby Sitters: From the 1971 NFBC Newsletter: "In an effort to get more young married people into the club and accommodate the ones already members, Phyllis Harber rounded up a number of girls who were willing to baby-sit so that families could ride." I've heard many stories of members dropping out of the NFBC years ago when they had their families only to come back again after the kids were older. We now have a club primarily of members who are not "small children challenged." Buggers, tandems and come-alongs with younger children are no longer seen on the rides. Shame...it's a whole segment of people we are now missing.

See you on the road...

Jim



[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"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
c/o Roy R. Tocha
11 N. Eaglecrest Dr.
Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to nfbc@yahoogroups.com

In the interest of safety on the road for members of the NFBC, all riders and guests must acknowledge having read and understood the "Duties of Riders of the NFBC" statement by signing it before participating in any NFBC-sponsored ride.

Duties of Riders of the NFBC By becoming a member of the NFBC, all riders represent they have the knowledge and skills necessary to minimize the risk of injury in the sport of cycling. Riders shall have the following additional duties to enable them to make informed decisions while participating in the sport of bicycling:

1. Riders must obey New York State vehicle and traffic laws. Riders are governed by the same laws as motor vehicles. Riding in an NFBC group does not give riders the right to run stop signs or traffic signals.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. Riders should familiarize themselves with verbal and posted information before riding the route. The NFBC ride facilitators do not represent the route as free of hazards to bicyclists.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. Riders should communicate with other riders by calling out and announcing the following:

• "Car Back": warning riders in front of them that there is a car approaching from the rear and signaling to single up. It is important to pass this information along the line of riders

• "Car Up": warning the group that a car is approaching from the front. It is important to pass the word back.

• "Single Up": telling the group that riders need to be riding single file

• "Car Left or Right": warning riders at intersections or other places that a car might enter the path

• "Walker or Runner Up": warning riders there is someone on foot on the riders' side of the road.

• "Tracks": warning riders about railroad tracks. Riders should cross at right angles to the rails.

• "Road Kill": warning riders there is a dead animal in their path.

• "Hole(s)": warning riders about dangerous breaks in the pavement. Sometimes riders may just point down to show that something is there instead of calling out the warning.

• "Stopping or Slowing": warning riders of a change in speed. This may be done with a hand signal, but a call helps to avoid a problem.


• "On Your Left or Right": warning riders that someone is passing. Riders should always pass on the left, but if they find themselves on the right, they should announce they are passing on the right.

May, 2011

NFBC—We ride every day

Niagara Frontier Bicycle Club
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