

NFBC NEWSLETTER

Dates to Remember

- Weekday evening rides start at 6:30 PM in May
- May 12, Betsy's Party Ride
- May 25, Members' Memorial Rides
- May 27 Jim & Kathy's Memorial Day Party Ride
- July 10-14, Club trip, Belleville,

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May is National Bike Month!

Sponsored by the League of American Bicyclists since 1956, National Bike Month is celebrated every May. Each year it provides an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. Whether you bike to work or school, to save money or time, to preserve your health or the environment, to explore your community or to get to your destination, get involved in Bike Month—and help get more people out riding, too!

Nationally, the central events are Bike to School Day and Bike to Work Day and Week. Wednesday, May 8 is National Bike to School Day. Fourteen Buffalo schools are currently signed up to participate. Find out if your children's school is on the list. Bike to Work week is May 13-17, culminating in Bike to Work Day on May 17. If you're not already a bike commuter, give it a try.

Locally, the organization GObike Buffalo is promoting a variety of events that you can join in for free or at minimal cost, like a Blast off Bike Drive, BBQ and Open House (May 5), a vegan bike-inspired dinner (May 11), a ride and BYO Picnic called Cyclofemme themed for Mother's Day (May 12), and a group bike ride from Ulrich's Tavern to the Bison's Game (May 18). Learn more details about these and other events at <http://gobikebuffalo.org/news/everything-bike-month/>. And celebrate National Bike Month by enjoying some of the great rides and events offered by NFBC.



All 2012 NFBC memberships expired on 2/28/2013. A few of you are lagging behind, so get with the program! Complete the Membership Application on page 11 and pay your annual dues by check.



NIAGARA FRONTIER
BICYCLE CLUB, INC.

We Ride Every Day

MAY 2013 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Start Location	Ride Leader
Sat May 04	10:00 AM	701	Panera Pedal	27/21	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Margaret Rockwood 361-0146
Sat May 04	10:00 AM	383	The Nth Degree	31/22	XD/MD	2000/ 1200	Hamlin Park (south parking lot), S Grove St	Jim Karnath 688-2968
Sun May 05	10:00 AM	312	Bubaloos (old Billy Bob's)	45/31	Easy		Clarence Middle School, Greiner at Strickler	Besty Dexheimer 518-343-5172
Sun May 05	10:00 AM	748	Bloody Run	44/36	MD/ Mod	1900	Elma Meadows Park, Girdle & Rice Rds	Bradshaw Hovey 857-0906
Sat May 11	10:00 AM	733	Royalton Center	39	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi 694-0853
Sat May 11	10:00 AM	130	West Falls-Backcreek	37/33	MD	1800/ 1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	John King 822-4808
Sun May 12	10:00 AM	763	Genesee Pk and For- est Party Ride (Betsy's Party Ride)	35/26	Mod	0	Lot behind Wendy's 44 Main St Batavia (old Genesee Mall)	Betsy Dexheimer 585-343-5172
Sun May 12	10:00 AM	223	Lamb's Corners	61	XD/ mod	3100/ 1000	Wendy's lot, Genesee County Mall, RT 5, Batavia	Loren Danaher 430-1600
Sat May 18	3:00 PM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Ham- burg	David Gonzalez 649-4998
Sun May 19	10:00 AM	736	Swamp Thing	43/36 /30	Easy	0	Russel Town Park, Clinton & Main St., Akron	Jack Rimlinger 741-8512
Sun May 19	10:00 AM	216	Kissing Bridge Ride	44/ 30	XD/ mod	3200/ 1500	Hamlin Park (south parking lot), S Grove St	Charles Grammer 713-1469
Sat May 25	7:00 AM	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Charles Grammer 713-1469
Sat May 25	9:00 AM	143	Members Memorial Metric Century w/ cutoff	64/43	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Pat & Loren Danaher 310-8136
Sat May 25	10:00 AM	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Rich McCarthy 982-0626
Sun May 26	10:00 AM	738	Lockport - Rapids	33	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Jack Rimlinger 741-8512
Sun May 26	10:00 AM	276	Snake Run	55	XXD	3450	Ashford Office Complex (Rt 219 & Ashford Hollow Rd; approx 8 miles S of Springville)	Bradshaw Hovey 857-0906
Mon May 27	9:00 AM	264	Jim & Kathy's Party Ride	36/19	Easy	NA	Clarence Middle School, Greiner at Strickler	Jim Vozga 741-9440
Sat, Jun 01	9:00 AM	361	Bill's Training Ride	30/16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Sue Alessi 684-0853
Sat, Jun 01	9:00 AM	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John King 822-4808
Sun, Jun 02	9:00 AM	739	Millgrove Meander	35	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Liz Skelton 400-6091
Sun, Jun 02	10:00 AM	276	Alden Ctr. to North Java	45	Diff	2600	Restaurant Parking Lot, Broad- way (Rt. 20) & Three Rod, Alden, NY	Frank Soltiz 937-6924

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

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Mike Dusing, 895-6423
	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	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 TEMPORARY
	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., Swormsville (Clarence)	Peg Walker, 741-4616
	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	Karen Sprada, 684-9039
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	CANCELLED —Need Leader
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

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.

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

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.

HELP SPREAD SUNSHINE

On behalf of NFBC we will send a note of cheer to someone who might need it. Notify Terry Turski (tturski@aol.com, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

MAY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orch. Park 6:30PM</i>	2 <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	3 <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	4 <i>Amherst 9AM</i> Panera Pedal The Nth Degree
5 <i>Buffalo 9AM</i> Bubbaloo's Bloody Run	6 <i>Pendleton 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	7 <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	8 <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orch. Park 6:30PM</i>	9 <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	10 <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	11 <i>Amherst 9AM</i> Royalton Ctr. West Falls- Backcreek
12 <i>Buffalo 9AM</i> Betsy's Party Ride Lamb's Corner	13 <i>Pendleton 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	14 <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	15 <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orch. Park 6:30PM</i>	16 <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	17 <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	18 <i>Amherst 9AM</i> The Plank
19 <i>Buffalo 9AM</i> Swamp Thing Kissing Bridge Ride	20 <i>Pendleton 10AM</i> <i>Clarence 6:30PM</i> <i>E.Aurora 6:30PM</i>	21 <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	22 <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orch. Park 6:30PM</i>	23 <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	24 <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	25 <i>Amherst 9AM</i> Members' Memorial Rides
26 <i>Buffalo 9AM</i> Lockport-Rapids Snake Run	27 Jim & Kathy's Memorial Day Party <i>E.Aurora 6:30PM</i>	28 <i>Tonawanda 10AM</i> <i>Pendleton 6:30PM</i> <i>Hamburg 6:30PM</i>	29 <i>Orchard Park 10AM</i> <i>Swormsville 6:30PM</i> <i>Orch. Park 6:30PM</i>	30 <i>Lancaster 10AM</i> <i>Pendleton 6:30PM</i> <i>Lancaster 6:30PM</i>	31 <i>Clarence 10AM</i> <i>Amherst 6:30PM</i> <i>Elma 6:30PM</i>	



Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The recurring day-of-the-week rides are indicated in italics.

CanAm 2013—NFBC Member \$10 discount, same great routes

By Jack Rimlinger

The CanAm Century Weekend is August 3 and 4. Now is the time to sign up for the ride or to volunteer to help. This year's web site is up and running at CanAmride.com. Visit it to learn more about the rides.

New this year is a \$10 registration discount for NFBC members, recently approved by the Board of Directors. To get the discount, NFBC members **must mail in a paper application**; online registration through Active.com won't work for the discount. Use the form on page 5.

At this year's CanAm, we will again offer 3 great scenic rides: the 100, 62 and the (Buffalo only) 35 mile

routes. The only route change so far is to eliminate the first rest stop; the last three rest stops will be the same as in past years. Rest stop coordinator Sue Alessi is now looking for volunteers for the day of the ride. Long sleeve shirts are back as the rider gift.

As usual the success of the event is dependent on numerous volunteers. If you volunteered in the past or if you would like to volunteer for the first time, please contact any member of the CanAm organizing committee, or Rebecca Ribis (rebeccachristene@hotmail.com) or Jack Rimlinger (jrimlinger@roadrunner.com). We encourage all NFBC members to promote the event in your travels and among your friends.

The Niagara Frontier Bicycle Club Presents

The 2013 CanAm Century Weekend

Saturday, August 3rd - Sunday, August 4th



Count Me In!

Rider Registration Form

One form is required for each registrant - Or you can register on line at www.CanAmRide.com

Please Please Please Print Clearly

Last Name: _____ First Name: _____

Street Address: _____ Date of Birth: _____

Country of Birth: _____ Gender: _____

Home Phone: _____ Country of Citizenship: _____

Your Email Address: _____ Cell Phone: _____

Emergency Contact: _____ NFBC Member Number: _____ (if applicable)

Contact's Phone: _____

Send check payable to NFBC with completed form to:

NFBC - CanAm Registration
5125 Newton Road
Orchard Park, NY 14127

After we receive your registration, we will send you a confirmation email. Approved bicycle helmets are required. The use of aerobars is not allowed. No refunds after July 1, 2013.

You must sign the waiver below:

In consideration of accepting this entry, I hereby, for heirs, my administrators, and myself waive and release any and all of my right and claims for damages I might have against the organization holding this event. The Niagara Frontier Bicycle Club.

Signature (Required): _____ (if under 21 parental signature is required)

To help us plan, check your choices from the options below

Sunday Ride Options

I would like to ride:

- 35 Miles - Buffalo, NY, USA
- 62 Miles - Buffalo, Niagara Falls, USA & Canada **Passport required!**
- 100 Miles - Buffalo, Niagara Falls, Ft Niagara, USA & Canada **Passport required!**

My size for my free tee shirt:

- Small
- Large
- Medium
- X-Large

Saturday Scenic Graycliff Ride

An NFBC-led, 10:00 AM ride from Chestnut Ridge Park south of the city along a choice of two hilly routes, one miles and the other 43 miles. Both rides will feature great views and a brief stop at the Graycliff estate, designed by Frank Lloyd Wright.

- I will likely do this scenic ride.

Saturday Buffalo Tour Ride

An NFBC-guided, 1:00 PM bike tour: a relaxed ride of miles taking in our architectural wonders.

- I will likely do this city tour ride.

Saturday Night Reception

The NFBC will be hosting a pre-ride social. Light food & drink served. Ride packets available.

- I will likely attend this reception

We will mail you a Rider's Guide with further details about all Saturday and Sunday events, ride headquarters and directions, Buffalo attractions restaurants.

Registration Cost	Non Member	NFBC Member
Register Before July 6	\$45	\$35
July 7 - July 27	\$55	\$45
July 28 to Ride Day	\$70	\$60

**July
10-14**

Club Trip: Belleville, ON

Cycle Beautiful Prince Edward County

This July, ride the beautiful shorelines and gentle rolling country hills of Prince Edward County with NFBC. Prince Edward County (technically an island) is located in Southern Ontario roughly half-way between Toronto and Kingston on the northern Lake Ontario shoreline. Alex Setlik has designed this "you show, you go" trip to take advantage of the area's 1st rate biking opportunities. He has reserved rooms for NFBC at the Belleville Travelodge and will provide cue sheets for the rides. Shoreline riding along the very irregular coastline provides great views of the Bay, scenic harbors, and marinas. The interior roads offer beautiful countryside riding with opportunities to visit the quaint villages of Bloomfield, Wellington, and Picton with wineries, artisan shops, and fine restaurants throughout the area. We'll also ride through Sandbanks Provincial Park, said to have the largest freshwater sand dunes in the world. We'll use remote starts (10-20 min.) to explore most of Prince Edward County. It's about a 4.5 hour drive to Belleville from Buffalo.



The Rides:

Wed - BAY OF QUINTE: 29 miles, MOD. Kickoff ride is out of Travelodge. Ride over the Bay Bridge to Prince Edward County. Great views. 3:30 start.

Thu - SANDBANKS EXPLORER: 40 or 32 miles, MOD. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Option: SANDBANKS BEACH, 32 miles, MOD. Enjoy the beach after the ride. Start at Sandbanks Provincial Park, \$15 CAD parking fee. 9:30 start.

Fri - WELLINGTON BAY: 49 or 32 miles, MOD. 49 mile ride starts out of Travelodge. Start for 31 miles is at Kente Public School on CR-19, Ameliasburgh (8.5 miles). Start times are 8:30 (49 mi) and 9:00 (32 mi).

Sat - ADOLPHUS REACH: 38 miles, MOD+. Start is at IGA Plaza, 97 Main St., Picton (22 miles). Ride has great views throughout the ride. Rest stop / optional lunch / limited menu / outdoor seating: "County Cider Company" at 25 miles. 9:30 start.

Sun - MOIRA RIVER MEANDER: 30 miles, MOD. Finale ride out of Travelodge. This is a countryside ride North of Belleville. 8:30 start.

Accommodations:

We will be staying at the Travelodge Hotel (previously Ramada Inn) located in Belleville at the Bay Bridge to Prince Edward County. The hotel has a swim through interconnected indoor / outdoor pool with a huge 135 foot corkscrew water slide and sauna. The hotel has the Windows Restaurant & Bar for dining, and in addition, there's a variety of good, reasonably-priced restaurants a short walk from the hotel. Evening entertainment is available a few steps behind the hotel at the Harbor Club Marina.

Sign up now:

1. Rate for 4 nights is: \$440 CAD, plus tax, for non-smoking with 2 queen beds). Call Travelodge (Belleville) **613-968-3411** or **800-420-3555** to book your room. Reference the Niagara Frontier Bicycling Club, and that the rooms were booked thru Central Reservations. Cancellation is 72 hours prior to 4:00 PM, July 10th.
2. Notify Alex that you have booked a room by emailing: alex.setlik@verizon.net. He will reply with the cue sheet package (no maps).
3. If you want maps in addition to cue sheets, try one of these options: Go to www.ridewithgps.com and register. It's free. Search for group "NFBC" and click on AWS to view the maps. A better print option (\$6.00 for 1 month) for the maps/cues is available. Also, files can be written to your Garmin unit if you have one. Maps are also available on MS Streets & Trips that Alex can e-mail to you *if* you have the MS software to open those files.





Betsy's Mother's Day Party Ride

(aka Genesee Park & Forest Party Ride)

The Ride: The rides start at 10AM at the Genesee Country Mall on route 5 in Batavia (park behind Wendy's, 44 Main St., Batavia). Genesee County is known for smooth roads, absence of potholes, and scenic countryside! 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'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 and beverage of your choice. If you need directions, call Betsy at 585-343-5172.



Jim & Kathy Vozga's Memorial Day Party

SPIN & SWIM/PEDDLE & PADDLE PARTY RIDE

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!!! This marks the **19th** year that Jim & Kathy have hosted their gourmet party on Memorial Day! And this year, bring your suits and take a dip in their new 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.





May Rides of Special Interest

The NFBC Party Season begins with Betsy's Party Ride (aka Genesee Park and Forest Ride) on **Sunday, May 12.**

Enjoy the rolling hills around Batavia followed and celebrate Mother's Day.

Hi Folks, The Plank, this Southtowns Ride of the Month is an anomaly. It's, it's, it's... well, it's flat! Really. Like a board or... a plank. Really. And as a bonus, it doesn't start till 3:00PM! So get your chores done early 'cause that Ceramic Curmudgeon, The Pride of the Southtowns, The Dude himself - that's right - DE David G is making a "trophy run" back from Geezer Valley, AZ just to lead this afternoon start. After some strict and critical directions he will send us off through springtime Eden and back along the Seaway Trail to our final destination - back to the parking lot where there are no fewer than four restaurants to choose from for our dining pleasure. After of course the usual Southtowns post ride debriefing.... So come on out on **Saturday the 18th at 3:00PM** for some Southern Hospitality! — Pat Danaher

Dennis Powell says The Swamp Thing on **Sunday, May 19** is one of the best in the NFBC's North ride inventory. As riders roll along the roads in the Tonawanda Wildlife area and Iroquois Wildlife refuge, traffic is low and scenery is high. Cutoffs of the main ride are usually compromises, and this is true with Swamp Thing. The 36-mile route cuts off along Lewiston Road. The shoulder is generous, so it isn't too bad, still a good ride. The 30-mile option includes Bloomingdale Road, a road worth avoiding, unless 30 miles is all you can handle.

This year the Members' Memorial Ride (101/64/43/30 miles) will be held on **Saturday May 25.** Following club tradition, we ride in honor of NFBC members who have passed on.

Jim & Kathy's Memorial Day Party has morphed into their "Spin & Swim / Pedal & Paddle party" due to the addition of their new swimming pool. Join the fun at Jim & Kathy's on **Monday, May 27.**

Safety reminders from the NFBC Membership Application

When we fill in our NFBC Membership Application each year, at the bottom of the form in print that is too small for many eyes, there is a list of "Duties of Riders of the NFBC". The writing style suggests this may be an early NFBC document. The list is reprinted here in much larger print, to give all members the opportunity to refresh their memories, and put the duties into action. —The Editor

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 is 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.

(continued on the bottom of page 9)

NFBC Affiliations: advocacy, education, and resources for bicycling

The NFBC, as a club, belongs to three important organizations that represent and further our interests as bicyclists. "The League of American Bicyclists promotes bicycling for fun, fitness and transportation and works through advocacy and education for a bicycle-friendly America" (Twitter); The New York Bicycling Coalition "advocates for the rights of all bicyclists and pedestrians throughout New York State by supporting safety, education, and access for road and trail users." (<http://www.nybc.net/mission-vision-purpose>); and the non-profit Adventure Cycling Association, has as its mission "... to inspire and empower people to travel by bicycle." (Twitter).

The League of American Bicyclists (<http://www.bikeleague.org/>), founded in 1880 as the League of American Wheelmen, represents the interests of the nation's 57 million cyclists. With a current membership of 300,000 affiliated cyclists, including 25,000 individuals and 700 affiliated organizations, the League works to bring better bicycling to every community. Their national programs include "Bicycle Friendly America", Bicycle Safety and Education, and national sponsorship of Bicycle Month and Bike to Work Day (see story on page 1). In addition to its bicycling safety and advocacy activities, the League serves as a kind of parent organization for many bicycle clubs,

including NFBC. They provide resources for forming clubs, club leadership training, and club governance. Of particular importance, they make insurance available to member clubs for liability protection.

The New York Bicycling Coalition (<http://www.nybc.net/>) advocates for pro-bicycle policies at the local, New York state and federal levels. They educate New Yorkers about the benefits of bicycling and walking, offer technical and training resources, assist bicycle advocates and government entities, and promote safe riding. They also offer resources for individual cyclists including lists of bicycle lawyers and guidelines for what to do after a crash.

The Adventure Cycling Association (<http://www.adventurecycling.org/>) has the most specific mission of the three clubs NFBC has joined, promoting and advocating for travel by bicycle. To this end, they produce cycling maps for the Adventure Cycling Route Network, one of the largest cycling route networks in the world. You can use their maps and your own planning, or join them in one of their more than 70 guided tours, including self-contained, inn-to-inn, van-supported, fully-supported, Family Fun, and educational tours. They publish *Adventure Cyclist* magazine and provide a variety of trip-planning resources for bicycle travelers.



Safety reminders...continued from page 8

Single-up—Telling the group that the riders need to 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 that there is someone on foot on the riders' side of the road.

Tracks—warning about railroad tracks

Road kill—warning riders of 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

BOARD OF DIRECTORS

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Reminder: Make a difference with your bike—ride for a good cause!



Support causes you believe in, while enjoying a well-supported group ride. For two of these rides, Tour de Cure and Ride for Roswell, join the NFBC team and enjoy the ride with other club members.

Ride for Missing Children: May 31, 2013, Erie Community College North, Williamsville, NY <http://www.active.com/cycling/williamsville-ny/ride-for-missing-children---buffalo-2013>.

Tour de Cure: June 8, 2013, Niagara Community College <http://tour.diabetes.org> **JOIN THE NFBC TEAM WHEN YOU REGISTER!**

Ride for Roswell: June 22, 2013, University at Buffalo North Campus, Amherst, NY <http://www.rideforroswell.org> **JOIN THE NFBC TEAM WHEN YOU REGISTER!**

Bike MS: 2013 Southtowns Shuffle, August 10, 2013, Orchard Park, NY http://bikenyr.nationalmssociety.org/site/PageNavigator/BIKE_NYR_Landing_Page.html

American Diabetes Association.
Tour de Cure



bike
MS

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 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

Email1 Email2 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@yahoo.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:

- 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

tom's pro bike
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