

# NFBC NEWSLETTER

## Dates to Remember

- Evening rides begin at 6:30 starting in May
- May 11, Betsy's Mother's Day Party
- May 25, Members' Memorial Ride
- May 26, Jim & Kathy Vozga's Memorial Day Party
- July 2-6, Syracuse club trip
- July 18-20, Mumford club trip

## Inside this Issue

Ride Schedule	2-4
Parties	5
Accidents and Pacelines	6
Charity rides	7
Club trips	8-9
Bicycling Advocacy	10
Membership	11

## May is Bike Month—Celebrate with NFBC

We celebrate National Bike Month every May, sponsored by the League of American Bicyclists since 1956. "Whether you bike to work or school, ride to save money or time, pump those pedals to preserve your health or the environment or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride." Central events include **Bike to School Day** on May 7 and **Cyclofemme** on May 11. **Bike to Work Week** will be May 12-16, culminating in **Bike to Work Day** on May 16 (<http://bikeleague.org/bikemonth>). Locally, GoBike Buffalo has put together an exciting roster of rides, events, and free or discounted refreshments for bicyclists (<http://gobikebuffalo.org/bike-month/>): give them a try! And, of course, celebrate National Bike Month by enjoying some of the great rides and events offered by NFBC.



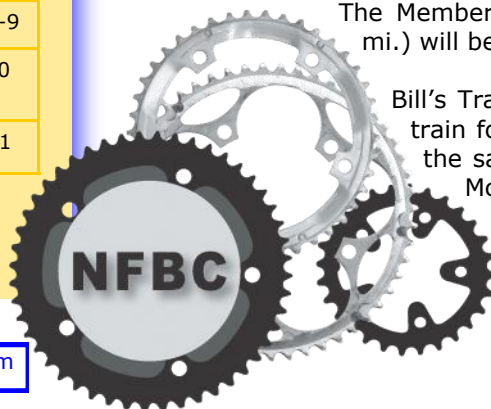
Well, the first southtown Corrigan of the season, on the first truly beautiful weekend ride of the season, went splendidly. Most (30-some) riders went the wrong way on the wrong way ride but, hey, all made it back and had a great time. This month's Corrigan will be the Java Lake Ride (**May 4**) led by the ride designer himself Tim Leach! By going the wrong way we'll get to go straight up Vermont St to warm us up for the climb up Welch. All the work, well most of the work, will be done at this point and we can enjoy a mostly downhill ride backwards to our finish in Holland. Remember you can't go wrong if you come on out! Pat.

The Sturgeon Point ride on **May 10** starts at 3:00 PM so that riders can join up for dinner afterwards.

The NFBC party season begins this month with Betsy's Mother's Day Party on **May 11** and Jim and Kathy Vozga's Memorial Day Party on **May 26**. Get directions and more information on page 5.

The Members' Memorial Rides (century, metric, 43, and 30 mi.) will be held on **May 25**. See the article on page 4.

Bill's Training Ride on **May 31** was designed to help us train for the Tour de Cure on June 7, covering some of the same roads. Our ride was named for the late Bill McLaughlin who was a leader in organizing and fundraising for the American Diabetes Association cycling event. On Bill's Training ride you'll enjoy beautiful country and suburban scenery.





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

## May 2014 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat May 03	10:00	312	Bubaloos (old Billy Bob's)	45/31	Easy		Clarence Middle School, Greiner at Strickler	Karen Sprada 684-9039
Sat May 03	10:00	383	The Nth Degree	31/22	XD/MD	2000/1200	Hamlin Park (south parking lot), S Grove St, E. Aurora	Tim Cleary 807-7174
Sun May 04	10:00	742	Lockport-Pendleton	38/32	Mod/Easy	1000	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Cindy Adams 308-0774
Sun May 04	10:00	271	Java Lake Ride	39	Diff	2850	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Tim Leach 864-7194
Sat May 10	<b>3:00</b>	751	Sturgeon Pt.	31	Mod	900	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dick Swank 992-2404
Sun May 11	<b>10:00</b>	763	Betsy's Beaucolic Batavia <b>Party Ride</b>	35/26	Mod/EZ	0	Lot behind Wendy's 44 Main St Batavia (old Genesee Mall)	Betsy Dexheimer 585-343-5172
Sun May 11	10:00	223	Lamb's Corners	61	XD/mod	3100/1000	Wendy's lot, Genesee County Mall, RT 5, Batavia	Loren Danaher 310-8136
Sat May 17	10:00	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Betsy Dexheimer 585-343-5172
Sat May 17	10:00	130	West Falls-Backcreek	37/33	MD	1800/1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Robert Nowinski 490-0752
Sun May 18	10:00	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Bob Alessi 694-0853
Sun May 18	10:00	392	Flamingo Ride	33/26	Diff/Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Charles Grammer 713-1469
Sat May 24	10:00	733	Royalton Center	39	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi 694-0853
Sat May 24	10:00	216	Kissing Bridge Ride	44/30	XD/mod	3200/1500	Hamlin Park (south parking lot), S Grove St	Bradshaw Hovey 857-0906
Sun May 25	8:00	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	<i>*Brenda Fischer</i> 984-1415
	10:00	143	Members Memorial Metric Century / 43	64/43	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Elaine Rubenstein 479-5042
	10:00	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Elaine Rubenstein 479-5042
Mon May 26	<b>10:00</b>	264	Jim & Kathy's Mem. Day <b>Party Ride</b>	36/19	R Easy	NA	Clarence Middle School, Greiner at Strickler	Jim Vozga 462-0200
Sat May 31	10:00	361	Bill's Training Ride	30/16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi 694-0853
Sat May 31	10:00	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzales 649-4998
Sun June 01	9:00	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central & Pleasantview	<i>*Brenda Fischer</i> 984-1415
Sun June 01	9:00	153	The Wall	62	XXX	4900	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Pat Danaher 310-8136

*\*Brenda is looking for someone to coordinate this ride (really, just to sign in riders) so she has some time off. If you're planning to do this ride anyways...give her a call, 984-1415!*

## 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., 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
<b>Tuesday</b>	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	<b>CANCELLED</b> —Need Ride Leader
	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)	Peg Walker, 741-4616
	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	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
<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

## 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 (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)

### 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](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!

# MAY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>2</b> 10 AM Clarence 6:30 PM Elma	<b>3</b> 9 AM Amherst Bubaloos The Nth degree
<b>4</b> 9 AM Buffalo Lockport-Pendleton Java Lake Ride	<b>5</b> 10AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>6</b> 10 AM Tonawanda 6:30 PM Hamburg	<b>7</b> 10AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk.	<b>8</b> 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>9</b> 10 AM Clarence 6:30 PM Elma	<b>10</b> 9 AM Amherst **Sturgeon Pt.
<b>11</b> 9 AM Buffalo Betsy's Party Ride Lamb's Corners	<b>12</b> 10AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>13</b> 10 AM Tonawanda 6:30 PM Hamburg	<b>14</b> 10AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	<b>15</b> 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>16</b> 10 AM Clarence 6:30 PM Elma	<b>17</b> 9 AM Amherst Dande Farms West Falls BackCrk
<b>18</b> 9 AM Buffalo Lockport-Middleport Flamingo Ride	<b>19</b> 10AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>20</b> 10 AM Tonawanda 6:30 PM Hamburg	<b>21</b> 10AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	<b>22</b> 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>23</b> 10 AM Clarence 6:30 PM Elma	<b>24</b> 9 AM Amherst Royalton Center Kissing Bridge Ride
<b>25</b> 9 AM Buffalo Members Memorial, 100, 62, 43, 30	<b>26</b> 10AM Pendleton 6:30 PM Clarence 6:30 PM East Aurora	<b>27</b> 10 AM Tonawanda 6:30 PM Hamburg	<b>28</b> 10AM Orchard Park 6:30 PM Clarence 6:30 PM Orchard Pk	<b>29</b> 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	<b>30</b> 10 AM Clarence 6:30 PM Elma	<b>31</b> 9 AM Amherst Bills Training Ride The Plank

\*\*The Sturgeon Point Ride on Saturday, May 10, starts at 3:00 PM, to give people the opportunity to join up afterwards for dinner.

## The Members' Memorial Ride to be held on Sunday, May 25

By Jim Vozga

The Members' Memorial Rides will be held this year on Sunday, May 25. 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 Paul Zsebezahy who passed in June 2013.

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.



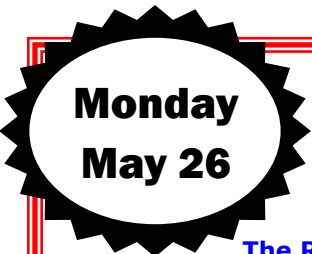
## Betsy's Mother's Day Party Ride

(aka Betsy's Beaucolic Batavia)

**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 **20th** 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.



## 2013 NFBC Bicycling Accident Reports

By Linc Blaisdell

Reported Accidents	
April	1
May	1
June	3
July	2
October	2
<b>Total</b>	<b>9</b>

There may have been more accidents during the 2013 bicycling season, but I have received nine accident reports. In several instances the accident may have been hard to prevent through extra caution. If a dog shoots out into the cyclist's path or if a car makes an unexpected turn, there isn't much a cyclist can do to prevent the accident.

However, riders' exercising additional caution may have prevented two-thirds of the reported accidents. If the cyclist is riding too fast on an unfamiliar hill or a wet road, then he could lessen the chance of an accident by slowing down. And the most common accident in our club seems to occur because of riders touching wheels in a pace line. Members of the club do lots of pace line cycling, so this may be an area to focus on in 2014. Below are some tips about safe paceline cycling.

2013 NFBC Accident Causes	
Dizziness, standing fall	1
Car: turned in front (2 cyclists down: 1 avoided car, 1 hit car)	1
Dog	1
Riding too fast: missed turn	1
Riding too fast: wet road skid	1
RR tracks (wrong angle)	1
Riders touched wheel: 5 riders hurt	3

### SCVBAC Paceline Rules - A paceline is a pact

Communicated by NFBC and Santa Cruz Bicycle Advocate Committee member David G.

- Maintain steady pace - ride one to two feet behind the rider in front of you -no large gaps - no sudden moves - do not grab brakes - no aerobar use
- Use hand signals for your intention - verbal commands when appropriate -i.e. stopping, slowing, etc.
- When assuming pull keep same pace
- When pulling out from lead position use suggested left arm hand signal - pull for about mile - or less if tiring - pedal softly to end of paceline
- After slowing for a turn, intersection, or railroad crossing, maintain the slower speed until the group catches up
- Look around the rider ahead of you and up the road
- If you choose to get off the saddle do not coast or slow down - continue pedaling steadily
- Point out obstacles with hand signal and/or verbal command
- Ride 2-3 feet from the usable edge of pavement - if there is a usable bike lane/shoulder ride near the middle
- Watch for traffic (mirror helps) - call "car back" if appropriate - stay single file when traffic around
- Follow the rules at lights and stop signs



Please read the entire content at [www.scvbac.org](http://www.scvbac.org)

click on 'SCVBAC Paceline Rules and Guidelines'

# Make a difference with your bike-ride for a good cause!



## Ride for Missing Children

Date: Friday, May 30

Start/Finish: ECC North

Fundraising minimum: \$300 (\$250 in some special situations)

Learn more/Register: <http://www.rideformissingchildrenbuffalo.org>

Phone contact: (716)842-6333

The mission of the ride is to remember all missing children, spread awareness of the plight of all missing and exploited children, and raise funds to support prevention education programs, poster distribution, and the mission of NCMEC/NY. All bicyclists ride together as a team, 2X2, escorted by the police, keeping an average pace of 14-15 mph on the 100 or 45-mile ride. There is no fee to ride, but riders are required to raise a minimum of \$300 each.



## Tour de Cure

Date: Saturday, June 7

Start/Finish: Niagara County Community College

Registration Fee: \$15

Fundraising minimum: \$200

Learn more/Register: <http://main.diabetes.org/goto/NFBC>

Phone Contact: (716) 835-0274 x3705

Help fight diabetes with NFBC! The Tour De Cure is sponsored by the American Diabetes Association to support diabetes research, education, and advocacy. You can choose a route from 6 to 100 miles when you raise the minimum \$200 in contributions. When you register to ride in the Tour de Cure, be sure to join the team "NFBC, Niagara Frontier Bicycle Club". Contact team captain Elaine Rubenstein ([elaine\\_rubey1@yahoo.com](mailto:elaine_rubey1@yahoo.com)) with any questions.



## Ride for Roswell

Date: Saturday, June 28

Start/Finish: University at Buffalo, Amherst campus

Registration Fee: \$20

Fundraising minimum: \$200 (\$350 for the 45 mi. route)

Learn more/Register: <http://rideforroswell.org/>

Phone Contact: (716) 843-7433

The Ride for Roswell supports the Roswell Park Cancer Institute and its core mission to understand, prevent, and cure cancer. Ride routes range from 3 to 104 miles for \$200 in fundraising. A special 45 mi. route is reserved for the best fundraisers. Ride for Roswell draws the largest number of participants of the local charity rides, expecting 8000 riders this year. When you register, join the NFBC Team. Contact team captain Linc Blaisdell ([linc43@roadrunner.com](mailto:linc43@roadrunner.com)) with any questions.



## Bike MS Southtowns Shuffle

Date: Saturday, August 9

Start/Finish: Sahlens Sports Park, Elma

Registration Fee: \$25

Fundraising minimum: \$250 (\$175 for 1<sup>st</sup> time riders with discount code NEW175, raise \$350 for one ride, join a second upstate NY ride with no additional fundraising with discount code DOUBLEUP )

Learn more/Register: [http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr\\_id=23846&pg=entry](http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry)

Phone Contact: (800) 344-4867 x 70332

The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. Rides range from 15 to 100 miles through the beautiful Southtowns of Western New York and to popular Buffalo-centric landmarks. The fundraising minimum is \$250, but there are discounts for 1st time riders and people who ride in two upstate NY rides. Bike MS will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. Don't just ride, Bike MS.

# July 2-6

## Syracuse/Finger Lakes Club Trip



We'll explore the greater Syracuse area and Finger Lakes using the Comfort Inn and Suites in North Syracuse as our home base in this "you show-you go" NFBC trip. Alex Setlik has chosen rides that are diverse in scenery, distance and terrain—truly something for everyone! The Comfort Inn & Suites is conveniently located for the remote starts, and it is a quick 4-mile drive to Armory Square in downtown Syracuse, an historic, architecturally interesting area with diverse eateries, boutique shops, and entertainment.

### The Rides

**WED – MORMON COUNTRY:** 29 miles (MOD). Check out the low rolling glacially formed (drumlin) hills. The ride start is at 10AM at the Hill Cumorah visitors' parking lot on Rt. 21, 2.5 miles off Thruway I-90 exit 43. Lunch stop will be in Newark at the 20 mile mark.

**THU – ONEIDA RIVER MEANDER:** 42 miles (E-Z). Remote start at Little Caesars / Liquortown Plaza, I-81, exit 31, west on Bartell Rd. (13 miles from hotel). See map for crossover opportunities for a shorter ride. The ride starts at 9 AM.

**FRI – SKANEATELES LAKE RIDES:** 31/36/40 miles (M-D). Enjoy rolling hills with gradual inclines. The start is at 9:30 AM in Skaneateles (23-mile drive). Park at the Austin Park Pavilion, located at E. Austin & Jordan Streets. This could be great spot for a post ride picnic. The 40-mile ride loops the lake. Explore Skaneateles after the ride. There are restaurants, boutique shops, and swimming at Clift Park.

**SAT – VAN BUREN-CROSS LAKE RIDES:** 49, 40 and 27 miles (MOD). The ride starts at 9 AM at Van Buren Park, west of Liverpool off I-90 (12-mile drive). There is an optional lunch stop at the Canal Walk Cafe or the Baldwinville Diner.

**SUN – OWASCO LAKE:** 37 miles (MOD). Easy to moderate cycling. Some level riding with gradual hills. Check out of the hotel and drive to a 9:30 AM remote start in Auburn (35 miles). The start is at Emerson Park on Rt. 437 at the

north end of Owasco Lake. Be sure to visit Fillmore Glen State Park at the South end of Owasco Lake during the ride. It's a beautiful park with swimming facilities. After the ride continue on to Buffalo, about a 2.5-hour drive.

### The Hotel

The Comfort Inn & Suites in North Syracuse is non-smoking and conveniently located for quick express highway drives to the ride starts. Armory Square is only a 4-mile drive from the hotel. It is only a 1.5-mile ride from the hotel to the scenic Onondaga Lake Park, one of America's top ten National Heritage Parks. Continue to loop the lake on trail (total 20 miles). The hotel has a large indoor pool, a hot tub, and fitness facility. A complimentary hot breakfast and internet access are included. There is a restaurant on-site. Directions: Take I-90 exit 36 to I-81 South. Stay in R lane and get off at exit 25 (7th North St.). Turn right on Buckley Rd. Hotel is on left.

### Reservations

Call (315) 457-4000. Mention NFBC Buffalo, Niagara Frontier Bicycle Club. The rooms have two queen beds and are \$95.00 per night plus 13% tax. Notify Alex Setlik at [alex.setlik@verizon.net](mailto:alex.setlik@verizon.net) that you've registered and he'll reply with the ride package (pdf files).





# Batavia/Mumford Club Trip

## July 18-20



*A great trip in our  
own backyard!*



Sometimes the best cycling adventures are close to home. Join Tom Barone on an NFBC touring-style trip along gently rolling country roads highlighted by a visit to the Genesee Country Village and Museum. On the first day we'll cycle from Buffalo to Batavia by way of Akron (lunch at *Mary's Good and Plenty* with time for those who want to see Akron's sights, including the famous Octagon house). Continuing on to Batavia, we'll stay at the Best Western Crown Inn and Suites, where Tom has reserved a block of rooms (\$119 for a room with 2 queen beds, \$129 with 2 king beds). The Best Western offers an indoor pool, hot tub, and fitness center, as well as a complimentary hot breakfast and internet access. Most importantly, the rooms are big enough for our bikes! On Saturday we'll cycle from Batavia to

Mumford to enjoy a full visit to the Genesee Country Village and Museum. Focusing on the 19<sup>th</sup> century, this local gem is a must for anyone with an interest in our nation's early history. The highlight of our trip will be a civil war reenactment, complete with battles and live cannon fire! Saturday night back in Batavia features a group dinner option at *Alex's*, a lively, sprawling restaurant with a diverse menu. On Sunday we cycle back to Buffalo.



**Sign up now! Call the the Batavia Best Western at 585-344-8882 to make your reservation; be sure to mention NFBC & Tom Barone, to get a room reserved at a group rate. The trip will leave from UB North Campus where permits will be provided for safe vehicle parking during the trip. Remember, this trip is *a la carte* style with lots of flexibility built in. Contact Tom Barone ([tbarone2@roadrunner.com](mailto:tbarone2@roadrunner.com)) to let him know you have registered, or with questions.**

## Advocacy Focus on the US Shoreline Trail

### By Janice Cochran

As NFBC bicycling advocate, I have been reaching out to local bike advocacy organizations. I met with Greg Stevens (Chairman Niagara River Greenway Commission, <http://www.niagaragreenway.org/>) and Justin Booth (GoBike Buffalo <http://gobikebuffalo.org/>) on 3/21/14. They are planning rides from the small boat harbor to Fort Niagara (and return), to highlight the Shoreline Trail. The goal for the rides is to bring attention to the need for funding to address remaining gaps in the trail.

A better-connected trail will be a benefit for us all, and an added draw to pull others to our area. They are working to hold two Saturday rides, one July 19, one August 16, so save the date(s)! The rides would end at Niagara Square, where the riders would be interviewed about their experiences. Though these rides are not part of the official club schedule, some members may be interested in participating and helping to promote progress towards an improved Greenway trail from Lake Erie to Lake Ontario. Stay tuned as plans progress!

### Niagara Frontier Bicycle Club

#### Board of Directors

##### President

Lincoln Blaisdell (479-9431)  
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[linc43@roadrunner.com](mailto:linc43@roadrunner.com)

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

##### Bicycling Advocate

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**NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION**

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

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

**1. ACKNOWLEDGE**, agree and represent that I understand the nature of this bicycling activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

**2. FULLY UNDERSTAND** that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the 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
<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 order to receive the Newsletter link by email, you must belong to [nfbc@yahoo.com](mailto: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

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