

NFBC NEWSLETTER

Dates to Remember

- May 1 Weekday Rides start at 6:30
- May 9, 3PM "Dinner Ride"
- May 10, Betsy's Mother's Day Party
- May 24, Member's Memorial Rides
- May 25, Jim and Kathy's Party

Inside this Issue

Club Trip	1
Schedule	2-4
Parties	5
Charity Rides	6-7
New Members	7

www.nfbc.com

May is National Bike Month

From LAB:

"May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try. "



In our neck of the woods, May is when the weather finally starts getting warm enough to consistently ride in shorts and short sleeved jerseys. It's a great time to be out on a bike. Weather is warm but not as overbearing as summer heat, longer hours of daylight allow for earlier starts and later evenings for our rides. With everything greening up along roadsides, the air is redolent with the aromas of growing things and you can almost sense the heavy dose of oxygen filling your lungs and invigorating your ride. With all this encouragement, it's probably hard for NFBC members to NOT want to be out riding our bikes. Check out this issue of the NFBC Newsletter for some opportunities to enjoy Bike Month with fellow NFBC members.

NFBC Club Trip - Finger Lakes

REMINDER!

Make your reservations for this years Waterloo/ Seneca Falls Trip, July 9-14.

The **deadline** to make room reservations at the special rate of \$125 per night, plus tax, is **6/9/15**.

The Holiday Inn/Waterloo is a 5 star hotel, with pool, fitness room, sauna, hot tub, bar and restaurant. Rooms include microwave and refrigerator. There is a 24 hour cancellation policy.

To make your reservation please call (315) 539-5011. If you have any question regarding the club trip, you can contact Cindy Adams at cynthia12@roadrunner.com.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

May 2015 WEEKEND RIDE SCHEDULE

DATE	TIME	Ride #	RIDE NAME	MILES	RATING	CLIMB	LOCATION	RIDE LEADER
5/2/2015	10:00	312	Bubaloos (old Billy Bob's)	45/31	Easy	0	Clarence Middle School, Greiner at Strickler	Brenda Fischer 984-1415
5/2/2015	10:00	383	The Nth Degree	31 /22	XD/MD	2000/1200	Hamlin Park (south parking lot), S Grove St	Rob Nowinski 490-0752
5/3/2015	10:00	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Sue Alessi 694-0853
5/3/2015	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)	Pat Danaher 310-8136
5/9/2015	3:00	751	Sturgeon Pt.	31	Mod	900	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
5/10/2015	10:00	763	Betsy's Beaucolic Batavia	35/26	Mod/EZ	0	Lot behind Wendy's 44 Main St Batavia (old Genesee Mall)	Betsy Dexheimer 585-343-5172
5/10/2015	10:00	223	Lamb's Corners	61	XD/mod	3100/1000	Wendy's lot, Genesee County Mall, RT 5, Batavia	Loren Danaher 310-8136
5/16/2015	10:00	164	Rapids Roundabout	36/25	Easy	0	1900 Dodge Rd. E. Amherst at N. French	Mike Dupre 352-1644
5/16/2015	10:00	229	Knee Knocker	43	Diff	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Fred Marcheson 824-4891
5/17/2015	10:00	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Brenda Fischer 984-1415
5/17/2015	10:00	286	Seven Hills	32	XD	3300	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bruce Kennedy 662-7156
5/23/2015	10:00	216	Kissing Bridge Ride	44/30	XD/mod	3200/1500	Hamlin Park (south parking lot), S Grove St	Bradshaw Hovey 857-0906
5/23/2015	10:00	733	Royalton Center	39	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Jack Rimlinger 741-8512
5/24/2015	7:00	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Brenda Fischer 984-1415
5/24/2015	9:00	143	Members Memorial Metric Century w/cutoff	64/43	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Marty Payne 997-9324
5/24/2015	10:00	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Rich McCarthy 982-0626
5/25/2014	10:00	264	Jim & Kathy's Ride	36/19	Easy	NA	Clarence Middle School, Greiner at Strickler	Jim Vozga 741-9440
5/30/2015	10:00	361	Bill's Training Ride	30/16	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Bob Alessi 694-0853
5/30/2015	10:00	384	Two Bottles And A Bush	42/23	Diff/ Mod	2200/1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dick Swank 992-2404
5/31/2015	10:00	340	Country Fair Ride	39	XD	2700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Sandy Bunn 992-4081
5/31/2015	10:00	251	Lancaster to Akron Falls	36	Easy	0	Lancaster High School, 1 Forton Dr, between Central Av & Pleasantview Dr.	Brenda Fischer 984-1415

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	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 688-2968
	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	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
Friday	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
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Bob Silkes 688-6246
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)	
Weekday AM Rides	10:00 AM in April, May,	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.



REMINDER

Beginning May 1, weekday Evening Rides start at 6:30.

MAY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
					1 10 AM Clarence 6:30 PM Elma	2 9 AM Amherst Bubaloos, The Nth Degree
3 9 AM Buffalo Lockport/Pendleton, Java Lake Ride	4 10 AM Pendleton 6:30 PM Clarence, East Aurora	5 10 AM Tonawanda 6:30 PM Pendleton, Hamburg	6 10 AM Orchard Park 6:30 PM Clarence, Orchard Park	7 10 AM Lancaster 6:30 PM Amherst, Lancaster	8 10 AM Clarence 6:30 PM Elma	9 9 AM Amherst 3 PM Sturgeon Point
10 9 AM Buffalo Betsy's Mother's Day Party Ride, Lamb's Corners	11 10 AM Pendleton 6:30 PM Clarence, East Aurora	12 10 AM Tonawanda 6:30 PM Pendleton, Hamburg	13 10 AM Orchard Park 6:30 PM Clarence, Orchard Park	14 10 AM Lancaster 6:30 PM Amherst, Lancaster	15 10 AM Clarence 6:30 PM Elma	16 9 AM Amherst Rapids Roundabout, Knee Knocker
17 9 AM Buffalo Lockport-Middleport, Seven Hills	18 10 AM Pendleton 6:30 PM Clarence, East Aurora	19 10 AM Tonawanda 6:30 PM Pendleton, Hamburg	20 10 AM Orchard Park 6:30 PM Clarence, Orchard Park	21 10 AM Lancaster 6:30 PM Amherst, Lancaster	22 10 AM Clarence 6:30 PM Elma	23 9 AM Amherst Royalton Center, Kissing Bridge
24 9 AM Buffalo Member's Memorial Rides	25 Jim & Kathy's Memo- rial Day Party	26 10 AM Tonawanda 6:30 PM Pendleton, Hamburg	27 10 AM Orchard Park 6:30 PM Clarence, Orchard Park	28 10 AM Lancaster 6:30 PM Amherst, Lancaster	29 10 AM Clarence 6:30 PM Elma	30 9 AM Amherst Bill's Training Ride, Two Bottles and a Bush
31 9 AM Buffalo 10 AM Lancaster to Akron Falls, Country Fair						

The recurring day-of-the-week rides are indicated in italics.
Weekend Rides (schedule on page 2) start at 11AM this month.

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 powell.dennis.j@gmail.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!

**Sunday
May 10**

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.



**Monday
May 25**

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

bring a dish to pass, lawn chair, and feed the kitty.



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

Niagara Hospice Gran Fondo

Date: Saturday, May 16. Start/Finish: Krull County Park, Olcott, NY. Registration Fee: \$55.

Learn more/Register: <http://hospicegranfondo.com>

Phone Contact: (716) 280-0728

The Hospice Gran Fondo is an annual charity bike ride around the beautiful Niagara County countryside held to raise funds for Niagara Hospice. All the proceeds from the ride benefit Niagara Hospice patients and families.

Founded in 2014, the first annual Hospice Gran Fondo bike ride had over 750 riders and raised over \$25,000 for Niagara Hospice Alliance. Over 100 riders responded to our post-ride survey and all said they would recommend our ride to their friends. We look forward to continuing to grow the Hospice Gran Fondo into one of the premiere bike rides in the area, while raising funds for and awareness of Niagara Hospice services.

Ride for Missing and Exploited Children

Date: Friday, May 29, Start/Finish: St. Johnsbury firehall, 7165 Ward Rd., North Tonawanda. 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 6, Start/Finish: Old Falls St., Niagara Falls, NY. Registration Fee: \$25, Fundraising minimum: \$200, Learn more/Register: http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?fr_id=10196&pg=entry

Phone Contact: (716) 835-0274 x3702

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) with any questions.

Ride for Roswell

Date: Saturday, June 27, Start/Finish: University at Buffalo, Amherst campus, Registration Fee: \$20, Fundraising minimum: \$200 (\$500 for the Canada 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) with any questions.

Bike MS Buffalo's Great Lake Escape 2015

Date: Saturday, August 8. Start/Finish: Evangola State Park, Irving, NY. Registration Fee: \$25, Fundraising minimum: \$200 (due on or before date of ride). Learn more/Register: http://bikenyr.nationalmssociety.org/site/TR/Bike/NYRBikeEvents?fr_id=23846&pg=entry

Phone Contact: (585) 271-0805

Home base this year is the beautiful and historic Evangola State Park. Make your Great Lake Escape to the scenic south shore of Lake Erie! Enjoy miles of water views that range from shoreline height to breath-taking cliff-top vistas with views of Canada. Rest areas will include the Dunkirk Pier, a Westfield vineyard and a "Million Dollar View" of the Buffalo Harbor and Skyline, the Lackawanna Steel Winds Turbine Farm, and the Ontario, Canada shoreline. Our fully-supported route options include 15, 31, 62, 100 miles, and a family ride that is completely contained on a paved, wide, multi-use path within the park that is free of vehicle traffic. These routes will be the least-hilly in the history of Western New York Bike MS rides, and they will be the most visually appealing!

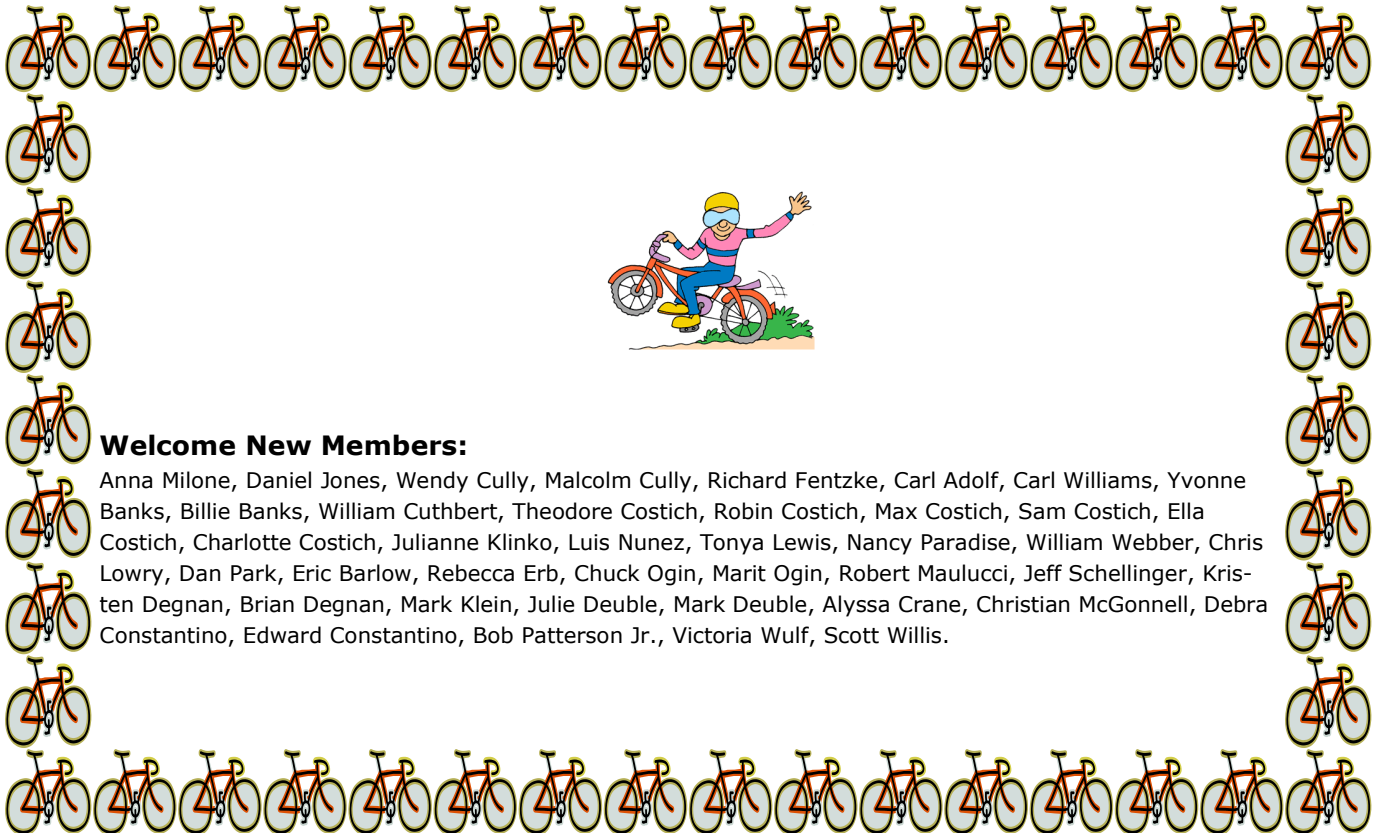
Tour de Teddi

Date: Saturday, September 19. Start/Finish: Camp Good Days Branchport Recreational Facility, 643 West Lake Rd., Branchport, NY. Registration Fee: \$45.

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

Phone Contact: (585) 624-5555

Tour de Teddi offers two different cycling courses: 45 miles around Keuka Lake or 27 miles down and back to Hammondsport. This ride benefits Camp Good Days in Branchport.



Welcome New Members:

Anna Milone, Daniel Jones, Wendy Cully, Malcolm Cully, Richard Fentzke, Carl Adolf, Carl Williams, Yvonne Banks, Billie Banks, William Cuthbert, Theodore Costich, Robin Costich, Max Costich, Sam Costich, Ella Costich, Charlotte Costich, Julianne Klinko, Luis Nunez, Tonya Lewis, Nancy Paradise, William Webber, Chris Lowry, Dan Park, Eric Barlow, Rebecca Erb, Chuck Ogin, Marit Ogin, Robert Maulucci, Jeff Schellinger, Kristen Degnan, Brian Degnan, Mark Klein, Julie Deuble, Mark Deuble, Alyssa Crane, Christian McGonnell, Debra Constantino, Edward Constantino, Bob Patterson Jr., Victoria Wulf, Scott Willis.

May Rides of Special Interest

On Saturday, May 9, there will be a 3pm start time "Dinner Ride". We offer 2 of these rides each year, one in Spring and one in Fall. The weather is typically cooler at those times of the year, with later afternoon being the most thermally pleasant part of the day. The idea is to get your household chores done earlier, get out on the bike and then have dinner with cycling friends at a restaurant near the ride start. The ride for the Spring dinner ride is Sturgeon Point. It starts in Hamburg, but Northtowners who are not fond of hills shouldn't worry, this isn't a difficult Southtowns ride.

On May 10, head out to Batavia for Betsy Dexheimer's Mother's Day Party ride. Coincident with Betsy's party ride is the more difficult Lambs Corners ride, also starting in Batavia. Both rides and the party that follows can't be beat.

This year's Member's Memorial Rides on May 24 will have special meaning for many with the passing of two enthusiastic club members, Alex Setlik and Tom Barone, this past winter.

The following day, May 25, Memorial Day, Jim and Kathy Vozga will, again, host their traditional Memorial Day Party ride, which has become the unofficial start of summer for the NFBC.



Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Hello NFBC,

The club has 328 members. Last year, we had over 500. So far, there are 43 new members.

You can renew your membership in the club by sending a check to me with the signed membership form.

The membership form is located on page 11 of the Newsletter, or online at: <https://nfbc.com/Assets/Documents/NFBC%20Membership%20Application%202011.pdf> You can also use a credit card to renew securely on the NFBC website at <https://nfbc.com/Apply>.

Thanks,
Roy

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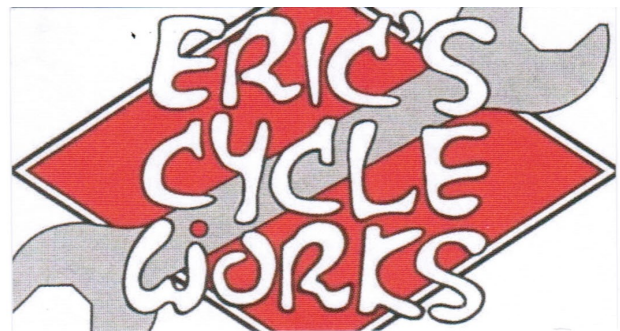
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MON: 10-8 TUES: 10-8 WED: 10-6 THURS: 10-8 FRI: 10-6 SAT: 10-6



Eric Barlow 716.649.8590

<https://www.facebook.com/pages/Ericks-Cycle-Works/155835861117344?ref=hl>

A Note From one of our supporting bike shops

Tom's Pro Bike would like to announce these events for 2015:

5/13 - Service Clinic - 6:30PM
 5/17 - Spring 50 - 9:00AM
 5/31 - Women's Day Ride - 10:00AM
 6/7 - TPB Tandem Ride - 9:00AM
 7/12 - TPB Summer Ride - 9:00AM
 8/5 - New Bike Clinic - 6:00PM
 8/9 - Lake Ontario Ride - 9:00AM

The list can also be found at <http://www.tomsprobike.com/events>. Site will be updated with more detailed information on the events in the coming weeks.

In addition to these events, Tom's will also be having weekly rides on Wednesday nights and on Sunday morning. The Wednesday night rides

leave from the store at 6:00pm and the Sunday rides leave between 9:00am and 11:00am. The ride time will be posted on Tom's Pro Bike web site and Facebook.



Niagara Frontier Bicycle Club

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NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

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

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

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

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the 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

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
<i>Individual</i>	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00
<i>Family</i>	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
TOTAL	\$	\$
<i>Status</i>	<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:

- 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.

May 2015

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

