

# NFBC NEWSLETTER

## Dates to Remember

- Special Sturgeon Pt. 3pm Dinner Ride - May 7
- Betsy's Mother's Day Party Ride - May 8
- Member's Memorial Rides - May 29
- Jim & Kathy's Party Ride - May 30

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

## NFBC Club Trip- Horseheads/Corning, NY

This year's club trip is sure to be a crowd pleaser. There are ride options that will meet everyone's interest and riding ability. We will peddle down country roads, ride along the Chemung River, and travel through scenic bypasses that connect small towns to each other. In addition to a great cycling adventure, the Horseheads/Corning region offers an array of art, culture, dining and shopping for us to experience. In less than a 20 minute drive from the hotel there is the Corning Museum of Glass, Rockwell Museum, Watkins Glen, and the National Soaring Museum. We will be sure to squeeze in some time for a bike club wine & cheese social, and other exclusive club activities.

A block of rooms have been reserved at the Hampton Inn Hotel, for July 21-24. The rate for the 5 star hotel is \$129.00 per night for a room with 2 queen beds, and \$134.00 for a room with a king bed, plus 12% tax. Rooms include a refrigerator and microwave, and we will meet on the first floor each morning for a free breakfast. June 21<sup>st</sup> is the deadline to make your reservations at the special rate. Cancellation can be made up to 24 hours prior to arrival date. When you call to make your reservations (607-795-3333), use the code **NFBC**. Please notify Cindy Adams at [Cynthia12@roadrunner.com](mailto:Cynthia12@roadrunner.com) when you have booked your stay to ensure you receive your information packet prior to the trip date.

Draft of rides scheduled:

Thursday, July 21: (Out of hotel) **Buff Hamp Out & Back** - 26 miles/767 elev.

Friday, July 22: **Sagetown Long** - 39 miles/2140 elev., **Sagetown Hendy** - 31 miles/932 elev.

Saturday, July 23: **Corning-Caton-Painted Post** - 30 miles/1641 elev.

**Corning-Big Flats**- 30 miles/962 elev.

Sunday, July 24: (Out of hotel) **Watkins Glen Long** - 43 miles/2044 elev.

**Watkins Glen Short** -36 miles/1123 elev.

Monday, July 24: **Letchworth Castile** -26 miles/1123 elev., **Letchworth Circle**- 34 miles

## Note from Janice Cochran, NFBC Bicycling Safety Advocate

New York Bicycle Coalition is pushing the 3' passing law for bicyclists.  
<http://nybc.net/3-ft-passing-law/>

If you don't know your legislators, can use Find Your Legislator:  
[http://openstates.org/find\\_your\\_legislator/](http://openstates.org/find_your_legislator/)

It took me less than 5 minutes to send emails.



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

## May 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, May 01	11:00 AM	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek S at New Rd, Amherst	Ron Spohn 783-5631
Sun, May 01	11:00 AM	271	Java Lake Ride	39	Diff	2850	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland)	Mike Mienev 566-8909
Sat, May 07	<b>3:00 PM</b>	751	Sturgeon Pt.	31	Mod	900	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dave Gonzalez 649-4998
Sun, May 08	10:00 AM	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
Sun, May 08	10:00 AM	229	Knee Knocker	43	Diff	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bradshaw Hovey 857-0906
Sat, May 14	10:00 AM	421	Rapids Roundabout Redux	34/24	EZ/EZ	0	St. Mary's Church, Transit and Stahley Rds.	
Sat, May 14	10:00 AM	291	The Fire Plug / Escape to Attica	64 / 37	XXD/Mod	3900/1200	Pembroke Central HS, Rt 77 & Rt 5	Pat Danaher 310-8136
Sun, May 15	10:00 AM	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	
Sun, May 15	10:00 AM	286	Seven Hills	32	XD	3300	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Lucinda Griswold 289-6155
Sat, May 21	10:00 AM	733	Royalton Center	39	Easy	0	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek S at New Rd, Amherst	Margaret Rockwood 361-0146
Sat, May 21	10:00 AM	384	Two Bottles And A Bush	42/ 23	Diff/ Mod	2200/ 1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bill Harrington 667-3793
Sun, May 22	10:00 AM	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Todd Snider 583-1144
Sun, May 22	10:00 AM	336	Chicken Little	49 / 40	XD/mod	3500/1500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Charles Grammer 713-1469
Sat, May 28	10:00 AM	417	Westwood to Eastwood	TBD / TBD	TBD	TBD	TBD	Brenda Fischer 984-1415
Sat, May 28	10:00 AM	216	Kissing Bridge Ride	44 / 30	XD/mod	3200/1500	Hamlin Park (south parking lot), S Grove St	Ron Penton
Sun, May 29	7:00 AM	142	Members Memorial Century	101	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Julie Alsani 474-0622
Sun, May 29	10:00 AM	143	Members Memorial Metric Century	64/43	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Tim Cleary 807-7174
Sun, May 29	10:00 AM	144	Members Memorial Short Ride	30	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Tim Cleary 807-7174
<b>Mon, May 30</b>	10:00 AM	264	Jim & Kathy's Ride	36 / 19	Easy	NA	Clarence Middle School, Greiner at Strickler	Betsy Dexheimer 585-343-5172

**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
<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	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
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Carlos Torres, 207-9968
	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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 Bob Silkes 688-6246
<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.

### RIDE LEADER NEEDED

Carlos Torres has stepped in to lead the Wednesday evening Swormville ride out of St. Mary's Church. Carlos **offered to do this on a temporary basis**. A permanent ride leader is needed (or co-leaders). The ride committee (and probably Carlos) can assist anyone who can take on ride leader duties on a permanent basis for this popular ride. If you want to lead this ride or have questions about what ride leader duties are about, contact Brenda Fischer. Her contact info is on page 6 of this newsletter.

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9 AM Buffalo Lkpt- Pendleton Java Lake Ride	2 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	3 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	4 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk	5 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	6 10 AM Clarence 6:30 PM Elma	7 9 AM Amherst 3 PM Sturgeon Pt.
8 9 AM Buffalo Betsy's Party Ride Knee Knocker	9 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	10 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	11 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk	12 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	13 10 AM Clarence 6:30 PM Elma	14 9 AM Amherst Rapids Redux Fire Plug/Attica
15 9 AM Buffalo Lkpt-Middleport Seven Hills	16 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	17 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	18 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk	19 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	20 10 AM Clarence 6:30 PM Elma	21 9 AM Amherst Royalton Center 2 Bottles & a Bush
22 9 AM Buffalo Dande Farms Chicken Little	23 10 AM Pendleton 6:30 PM Clarence 6:30 PM E. Aurora	24 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg	25 10 AM Orch. Pk. 6:30 PM Clarence 6:30 PM Orch. Pk	26 10 AM Lancaster 6:30 PM Amherst 6:30 PM Lancaster	27 10 AM Clarence 6:30 PM Elma	28 9 AM Amherst Westwood-Eastwood Kissing Bridge Ride
29 9 AM Buffalo Members Memorial Rides	30 Jim & Kathy's Party	31 10 AM Tonawanda 6:30 PM Pendleton 6:30 PM Hamburg				

The recurring day-of-the-week rides are indicated in italics.  
Check the schedule on pg. 2 for ride times for Weekend Rides.

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

## Support the Local Bike Shops that support your NFBC



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**John Jansen**  
Director of Training

[jjansen@bertsbikes.com](mailto:jjansen@bertsbikes.com)

**Main Office:** 4050 Southwestern Blvd.  
Orchard Park, NY 14127  
Phone: 716-646-0028  
Fax: 716-646-3629

**Tonawanda:** 1550 Niagara Falls Blvd.  
Tonawanda, NY 14150  
Phone: 716-837-4882  
Fax: 716-837-1307

**Williamsville:** 7510 Transit Rd.  
Williamsville, NY 14221  
Phone: 716-634-4882  
Fax: 716-633-1139

**Henrietta:** 100 Jay Scutti Blvd.  
Henrietta, NY 14623  
Phone: 585-424-2777  
Fax: 585-424-7492

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HEAD HONCHO**

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Michael & Heather Trost

**BIKESHOP**

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**Tom Lonzi**  
President

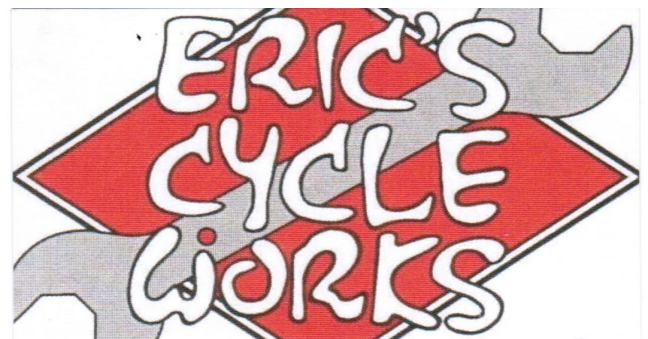
3687 Walden Avenue  
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**campus**  
wheelworks

Let the Ride Decide



**Eric Barlow 716.649.8590**

<https://www.facebook.com/pages/Ericks-Cycle-Works/15583586117344?ref=hl>

## Event at one of our local Bike Shops

On Sunday May 29th I am putting on a bike festival and demo day in conjunction with 42 North Brewery in East Aurora. It will take place right at the brewery on Pine St in EA.

We're planning group rides, demos and vendors with a party afterwards in the beer garden.

Regards,

Dan Park, President/Owner  
Chain Ring Rhythm  
245 Main St.  
East Aurora NY 14052  
Store 716 714 5952  
Cell 716 866 1560

## Niagara Frontier Bicycle Club

### Board of Directors

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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
<b>TOTAL</b>	\$	\$
<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@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.

May 2016

*NFBC—We ride every day*

Niagara Frontier Bicycle Club  
P.O. Box 211  
Buffalo, New York 14226-0211

