

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

May 2017

We ride every day!

Volume 48, Issue 4

Dates to Remember

- May 6 - 2pm Dinner Ride
- May 14 - Betsy's Mother's Day Party Ride
- May 28 - Member's Memorial Rides
- May 29 - Jim and Kathy's Memorial Day Party Ride

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www.nfbc.com

Note, starting on May 1, weekday evening rides start at 6:30pm.

Also note the special 2pm DINNER RIDE on May 6.

May is National Bike Month. The best way to celebrate this is to get out on as many rides as you can. Assert your right to enjoy riding your bicycle on the roads of Western New York.

FOR ALL THOSE WAIT-UNTIL-THE-LAST-MINUTE TYPES, THERE'S STILL TIME TO SIGN ON FOR THE HORSEY ONE HUNDRED EVENT.



What are you doing Memorial Day Weekend?

Interested in riding in Georgetown, Kentucky. The Horsey Hundred cycling event takes place Saturday, May 27th and Sunday, May 28th with optional rides on Friday, May 26th. The website for 2017 will be updated in January. But they usually offer 102 mi., 82 mi., 62 mi., 41 mi., and 25 mi., rides on Saturday and 75mi., 52 mi., 35 mi., and 26 mi. rides on Sunday. All rides start at the Georgetown College. They have great rest stops and SAG support!! They usually have 2,000+ riders. The rides take place in the Kentucky horse country with rolling hills, well-maintained roads, and gorgeous scenery.

Like I mentioned, the website (www.horseyhundred.com) will be updated in January. Last year, Saturday & Sunday registration was \$65 until the middle of May and then went up to \$90. This includes the maps and cue sheets, rest stops every 20 miles, SAG vehicles, and post ride lunches on Saturday and Sunday. The website will have all the details for this year. And they usually have a small gift if you register early.

Accommodations – They usually open the dorms of the college up for people to stay if you would like. They do list hotels and camping information on their website also.

A group of us attended this ride with Alex S. 3 or 4 years ago. It was fantastic!!!! My brother lives in Georgetown and hotel rooms do book fast. Many of us have talked about doing it again this past season. So, I have committed my father and I to do it again in 2017 and if you would like to join us that would be great!!!! I have reserved a block of rooms (10) at the Hampton Inn in Georgetown, KY. They have given me a rate of \$119/night plus tax. The block of rooms is under the name "NFBC Horsey 100 Group" or Group Code Name NFBC. I will lose the group of rooms on May 12th if they are not taken by then. Of course, they have the continental breakfast, hot tub and inside pool and their phone number is 502-867-4888. If you are interested in taking a trip in May, join us. Register for ride (early! and save a few \$\$\$), call the Hampton reserve your room or other hotels or the dorm rooms, and enjoy the ride.

Any questions, please give me a call, 716-479-0841. And, if you do go, let me know. Maybe we could all get together one night and have dinner and/or at least start the ride together!!!

Michele Smith



May 2017 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, May 06	2:00 PM	751	Sturgeon Pt.	31 / 18	Mod	900 / 700	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sun, May 07	10:00 AM	703	Lockport-Middleport	32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Jane Armbruster 688-3943
Sun, May 07	10:00 AM	229	Knee Knocker	43 / 25	Diff	2000 / 1400	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Charles Grammer 713-1469
Sat, May 13	10:00 AM	421	Rapids Roundabout Redux	34/ 24	EZ/ EZ	400/ 250	St. Mary's Church, Transit and Stahley Rds.	Cynthia Adams 308-0774
Sat, May 13	10:00 AM	388	Elma East	60 / 35	Dif / Mod	2100/1100	Elma Meadows Park, Girdle & Rice Rds	Bradshaw Hovey 857-0996
Sun, May 14	10:00 AM	763	Betsy's Beaucolic Batavia	35 / 26	Mod / Easy	1125/ 825	Lot behind Wendy's 44 Main St Batavia (old Genesee Mall)	Betsy Dexheimer 585-343-5172
Sun, May 14	10:00 AM	302	New Saturday Sundae	41 / 37	Dif / Mod	1500/985	Hamlin Park (south parking lot), S Grove St	Bill Harrington 667-3793
Sat, May 20	10:00 AM	733	Royalton Center	40/ 23	EZ/ EZ	400/ 125	Buffalo Niagara Heritage Village, 3755 Tonawanda Creek at New Rd, Amherst	Betsy Dexheimer 585-343-5172
Sat, May 20	10:00 AM	384	Two Bottles And A Bush	42 / 23	Dif / Mod	2200/ 1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Loren Danaher 430-1600
Sun, May 21	10:00 AM	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Lincoln Blaisdell 479-9431
Sun, May 21	10:00 AM	336	Chicken Little	49 / 40	XD / Mod	3500/1500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat, May 27	10:00 AM	417	Westwood to Eastwood	35/ 24	EZ/ EZ	850/ 650	Westwood Park, Pavement and Erie St., Lancaster	Rich McCarthy 982-0626
Sat, May 27	10:00 AM	216	Kissing Bridge Ride	44 / 30	XD / Mod	3200 / 1500	Hamlin Park (south parking lot), S Grove St	Carl Mach 685-0832
Sun, May 28	8:00 AM	142	Members Memorial Century	101 /	XD	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Rich Amantia 983-8941
Sun, May 28	10:00 AM	143	Members Memorial Metric Century w/cutoff	64 / 43	Diff	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Tim Cleary 807-7174
Sun, May 28	10:00 AM	144	Members Memorial Short Ride	30 /	Easy	0	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Tim Cleary 807-7174
Mon, May 29	10:00 AM	264	Jim & Kathy's Ride	36 / 19	Easy	NA	Clarence Middle School, Greiner at Strickler	Jim Vozga 462-0200
Sat, June 03	9:00 AM	406	Como Park Flat Rides	48/35/ 22/18	Mod/Mod /EZ/EZ		Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	
Sat, June 03	9:00 AM	747	Williston Rd	39 / 30	Mod	2000/1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	

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	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park (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, 860-9039
	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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	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
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	Brad Chase 632-5636
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, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

**Sunday
May 14**

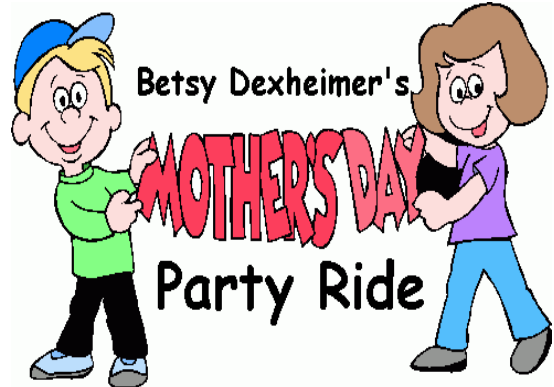
Betsy's Mother's Day Party Ride

(aka Betsy's Beaucolic Bata-

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 29**

Jim & Kathy Vozga's Memorial Day Party

SPIN & SWIM/PEDDLE & PADDLE PARTY

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.



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



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Owner

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Michael & Heather Trost

Help Wanted - Newsletter Editor

If you have a creative bent, have a nose for news, like to turn a phrase or just might be good at finding copyright-exempt bicycling articles to cut-and-paste into the NFBC newsletter, this job may be for you. The editorship of the NFBC newsletter is up for grabs.

The current newsletter is rendered in Microsoft Publisher. Working knowledge of this program or similar (it's just Microsoft Word on steroids) would be helpful.

As a bonus, you get to be a member of the Board of Directors with this position.

Contact editor@nfbc.com if interested.

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 editor@nfbc.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 Rob Nowinski, president. NFBC cares about its people!

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 releaseses 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 releaseses 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 releaseses, I will indemnify, save, and hold harmless each of the releaseses 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
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:
 NFBC Inc.
 c/o Michele Smith
 1537 Sundance Trail
 Lakeview, NY 14085

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.

May 2017

NFBC—We ride every day

Niagara Frontier Bicycle Club
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