

May 2020

We Ride Every Day

Volume 51 Issue 4

NFBC Newsletter

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Better Days Are Coming!

NFBC Club Rides have been cancelled for May. Please see Brenda's message on page 2. Hopefully we will soon be able to ride together as a club.

Stay well everyone!



President's Message

Ride Cancellations

Since we are supposed to be staying home and avoid being in groups of people, the NFBC Board has decided that we must cancel our group rides through the end of May. We will reevaluate the situation before that time to determine if it is safe and appropriate to resume our ride schedule.

In the meantime, we are leaving links to many of the routes active, for those who wish to ride them solo.

2020 Charity Rides Eligible for Club Miles

- Approved rides for 2020:
- a. Ride for Roswell
 - b. Tour de Cure
 - c. Gran Fondo, Niagara Hospice
 - d. Empire State Ride (final day only)
 - e. Bike MS
 - f. Ride For Missing Children

The intent of counting miles for charity rides is to encourage participation in these rides, and to show a presence from the Club.

In keeping with this intent, a few points:

- Wearing an NFBC jersey is encouraged;
- The charity ride should occur within the footprint of our rides, i.e. within the map area of the usual NFBC rides;
- There must be a registered NFBC team with a captain. The team captain will keep track of riders and miles. Riders will be recorded on standard NFBC ride sign-in sheets. Riders may ride different length rides during one charity ride, e.g. Ride For Roswell has many ride distance options.

If you have any questions or suggestions, please speak with a Board member!

Charles Grammer



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Welcome New Members

Stephen Goodman.

FOR SALE!

\$2 EACH—magnets,
6" x 4"

See Jen Adolf

Jadolf223@Gmail.com

716-479-2578



HELP WANTED!

2020 BANQUET

Planning already? You bet! And we need volunteers for the 2020 NFBC Banquet Committee – help is needed for the registration table, setting up the venue, obtaining door prizes, desserts and any other items that may come up.

If you are interested, please contact Jen Adolf: jadolf223@gmail.com or (716) 479-2578.

NFBC Club Trip 2020

June 26 - July 1

Dover, NH

These are uncertain times for travelers. Understandably, you're probably wondering what, if any, NFBC supported bike tours will happen this year. We are closely watching the Governor's NYS Coronavirus Updates, and following the advice of the Centers for Disease Control and Prevention (CDC) as we move forward with Club activities.

In the coming weeks, as updated information becomes available, we will make a decision on whether the Dover, N.H. Club Trip will be cancelled, rescheduled for a later date this year, or postponed until next year. All members currently signed up for the Club Trip will be directly notified of the Trip's status. If you have made reservations at The Garrison Hotel in Dover, you may cancel up to four days prior to arrival to avoid a cancellation penalty.

But enough of the negative! Let's stay optimistic, hopeful, and excited about the NFBC Club Trip to New Hampshire, and think "What the heck, anything is possible!"

To make a reservation for the Garrison Hotel, 200 Sterling Way, Dover, NH, call (603) 842-6783, and use the code NFBC to reserve your room. Rate is \$149 per night, plus tax, from 6/26 - 7/1/20.

— Cindy Adams



Wearing an ID bracelet is essential when riding alone or in a group. In the event of an accident, it allows emergency responders to quickly determine your identity, emergency contact and known medical issues.

RoadID is offering NFBC members a 20% discount on ID bracelets from April 15th until June 30th. Members can use the code SKP6CW653E8C to receive their savings. www.roadid.com

— David Dunkle



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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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!





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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT SECOND MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT THIRD MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

PRINT FOURTH MEMBER NAME SIGNATURE DATE MEMBER # BIRTHDATE (if under 18)

MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____
Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

**Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057**



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Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453



Bertsbikes.com 40th Anniversary

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John Jansen
Director of Training

jjansen@bertsbikes.com

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Niagara Frontier Bicycle Club

