

NFBC Newsletter

Dates to Remember

Spotlight Ride
Wednesday, May 19

Jim Vozga Ride May 31

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Ride Leaders Return

The NFBC is “easing back to normal”.

Beginning Saturday, May 22, some rides will have ride leaders depending on the availability of volunteers. Members are invited to volunteer to lead weekend rides by signing up on the NFBC Website or by emailing Liz Skelton or Pat Danaher directly. At this time, “lead” means: hand out cue sheets, identify/mentor any new riders and generally be the point of contact for the ride.

Weekday rides will continue to be led by the dedicated leaders according to their comfort level with the situation. Check the NFBC Website for posted rides, download your own cue sheet in case one is not provided and show up to ride.

Note that there will be no sign in sheets except for guests, consequently no mileage will be recorded for this season.

For the complete details including a list of May rides that need leaders and Liz and Pat’s emails, please see page four.



Breakfast Ride, April 4th



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We Ride Every Day

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The Dunkirk Contingent

If you've attended an NFBC Spring or Fall General Meeting in past years, you may have noticed a small group of senior Club members tucked into a table in the back corner of the room. They are all from the Dunkirk-Fredonia region of WNY, and I have dubbed them The NFBC Dunkirk Contingent. They are: Bob Ehrheart, Bill Lotfus, Brad Russell and George Sinclair.

They don't show up for a lot of our local rides (it's an hour south of Buffalo to Dunkirk-Fredonia, and Brad is from Findley Lake which is another hour south of D-F) but they ride a lot as a group, and have done so for many years. In a conversation with Bob Ehrheart, he filled me in on how this little group came together. In 2008, Bob did a Red Cross fundraising ride out of Fredonia State (50 mi) and ate lunch after the ride with a small group of riders. Later that summer on a Club trip to Providence RI, Bob met up with Brad, who had heard about the trip and subsequently joined NFBC and did the trip. Bill and Bob met through a mutual friend. George and Bob used to work together at Nestle-Purina in Dunkirk. After a layoff separated them, they became re-acquainted at a charitable cycling organization called Spoke Folk (website link below).

<https://www.observertoday.com/news/page-one/2020/06/dunkirks-spoke-folk-continues-to-change-lives/>

The four friends started taking cycling trips in 2013 with a ride along the Great Allegheny Passage, a rails-to-trails path which connects Pittsburgh PA and Washington DC. It was a one way, 333 mile trip which the guys completed in a eight days, staying in motels along the way. Once in DC, they boarded a train with their bikes to return to Pittsburgh. Sounds perfect!

The group has also biked the coast of Maine (2014) starting in New Hampshire and travelling north to Bar Harbor. In 2015 they did the Nova Scotia Club trip with Lepies, and in 2017 George, Bob and Bill did a North Country ride: They started in Watertown and rode to Saranac Lake, then went north to Malone, NY before heading back west along the St Lawrence River (~300 miles); they used a sag wagon which they took turns driving. In 2018 they tried an Adirondacks trip with the Adirondack Mountain Club but found it disorganized and disappointing (ADK is primarily a hiking and backpacking club) so they headed to the Williamsburg PA area for a trip later that year. In 2019, the 50th anniversary of the Woodstock NY festival, the group headed to Woodstock, Ontario where Dave Bowman and Dennis Powell joined them for four days of rides in that area (ref "Tourism Oxford" jturner@oxfordcounty.ca).



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The Dunkirk Contingent, continued

Bob says their favorite place to cycle so far has been in Virginia, because there is so much to see and do there. And the least favorite cycling? Bob says that the third day of cycling in Maine was memorable for being so much work, with 50 miles of constant hills.

And the most exciting incident? It was both good and bad: during the first trip in 2013, Bill lost control, crashed and suffered a concussion. The driver immediately behind the group stopped, called 911 and stayed with Bill and Bob for the next eight hours while Bill was in hospital. Once Bill was checked out and discharged, the good samaritan driver, Cindy, and the group had dinner together and she became a friend. In 2017, Bob, Bill and Brad did a round trip ride on the Chesapeake & Ohio Canal (on the north bank of the Potomac) to attend Cindy's 50th birthday party.

When I asked Bob about lessons learned in his many years in the saddle, he told me that patience is what he recommends to get the most out of your cycling experience. "Stop and Smell the Roses" he says. The group's plans for a post-pandemic trip? They are targeting a ride along the Erie Canal for September, 2021.

The Dunkirk Contingent rides together between trips, too. They meet for a breakfast ride about once a week, eating at Jack's Drive In in Barcelona, NY. Occasionally they meet in Finlay Lake near Brad's house for a ride, and sometimes they ride the trails near Oil City in Franklin, PA (a two-hour drive from D-F). This group (all but youngster George are in their 80's), are still pretty active and average 1400-1500 miles on their bikes per season. We should all be so lucky to be able to do that!

Next time you see them at a General Meeting, go over and introduce yourself to one of the most inspirational groups in our NFBC family.





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NFBC Ride Leader Opportunities

From: [elizabeth skelton](mailto:elizabeth_skelton)

Date: Sun, 09 May 2021 17:50:51 EDT

Dear Members:

The board has agreed that we can begin to take steps toward resuming normal riding protocols. With that in mind, you are invited to volunteer to facilitate the rides listed below. Leaders are expected to show up, pass out cue sheets and identify/mentor any new members, if necessary. Sign-in is not required for members, BUT in order to comply with the club's insurance policy, Guests must sign in on the BACK of the regular sign-in form.

Of course without sign-in, mileage will not accrue this season, although last season has taught us that perhaps that's not a bad thing.

So take a look at the list below and contact me (brightbluesky9@gmail.com) to lead a North (N) ride, and contact Pat (bikedad2@verizon.net) to lead a South (S) ride. We will get the cue sheets to you. (If you see any June rides on the schedule you'd like to lead, they are up for grabs too.)

Rebecca will lead the Spotlight ride on May 19th and Jim will lead his ride on May 31st. See the website schedule for details and directions to the ride start.

Also remember to check the NFBC website schedule before you leave for a ride: if no one has volunteered to lead the ride, the ride will be listed as "Leaderless" and you should therefore print and bring your own cue sheet. If someone has volunteered to lead the ride, cue sheets should be available at the ride start location/time.

Saturday May 22nd at 10:00 AM:

- (N) Old Greenwalls - leaving from the Richmond Lot at UB North
- (S) Springville Sprint - leaving from the Chestnut Ridge Park parking lot, Orchard Park

Sunday, May 23rd: Members Memorial Rides, all leaving from Veterans Canal Park, Pendleton

- (N) Century - departs at **8:00 AM**
- (N) Metric, Modified and Half-Metric - all depart at 10:00 AM

Saturday May 29th at 10:00 AM:

- (N) Dande Farms - leaving from Clarence Elementary School, Clarence Center Rd, Clarence
- (S) Loop-D- Loop - leaving from Chestnut Ridge Park parking lot, Orchard Park

Sunday May 30th at 10:00 AM:

- (N) Creek Road Revised - leaving from East Pembroke School, Main St, East Pembroke, NY
- (S) Silver Springs Switchback - leaving from Wales Town Park on Rte 20 A, Wales

One more thing---YAY!

Liz Skelton
NFBC Ride Committee

How Do We Do That Again?

Recently I spent some time showing a new member how to find and print ride cues from the NFBC website. It's easy to forget how to do that so, here's a refresher:

Weekend rides:

1. Click SCHEDULE on the banner at the top of the NFBC website home page. All the posted weekend rides will automatically show up.
2. Choose your ride and click on the NAME of the ride, and the MAP page shows up. Scroll down to see the route mapped out and the cues to the right of the map.
3. Above the map and to the right, click on MAP CUES. A printable PDF of the map and cue sheet will appear.

Weekday rides:

1. Click SCHEDULE on the banner at the top of the NFBC website home page.
2. Click RIDE SEARCH OPTIONS.
3. Click the down arrow in the Ride Type box.
4. Click Recurring and Weekend Rides
5. Click SEARCH

Now ALL scheduled rides appear. Choose the day/time/location you want, and click on the NAME of the ride. The MAP page shows up. Scroll down to see the route mapped out and the cues to the right of the map.

At this point you can either click on the small blue box below the map which says "Download Excel" if you have Excel on your device, and then print as usual. Or you can copy the cues which appear to the right of the map, paste them into any kind of spreadsheet file and print.

However, weekday leaders are often kindly provide cue sheets to riders at the start of their rides.

Liz Skelton
NFBC Ride Committee



May Ride Schedule

271	Java Lake Ride	Sat, May 1	10:00 AM	Parking Lot @ Ronni's Pizzeria (Rt. 16, 0.1 miles before Holland Glenwood Road), Holland	37 / 21	2500 / 1700	DIFF / MD	Leaderless Ride ()
421	Rapids Roundabout Redux	Sat, May 1	10:00 AM	St. Mary's Church (Use parking lot by the playground and baseball field, off of Stahley.), Clarence	~24-34	416 / 258	EZ	Leaderless Ride ()
742	Lockport - Pendleton	Sun, May 2	10:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	38 / 32 / 18	797 / 692 / 269	MOD / EZ	Leaderless Ride ()
751	Sturgeon Point (Dinner, Special Event)	Sun, May 2	2:00 PM	Parking Lot behind fire hall, Hamburg	31 / 18	900 / 669	MOD / EZ	Leaderless Ride ()
229	Knee Knocker	Sat, May 8	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 25	2661 / 1444	DIFF / MOD	Leaderless Ride ()
382	New Ride from Westwood	Sat, May 8	10:00 AM	Westwood Park, Lancaster	34 / 24	1083 / 758	EZ	Leaderless Ride ()
98	Lockport Marina	Sun, May 9	10:00 AM	Williamsville North High School (Hopkins & Dodge), Williamsville	30	466	EZ	Leaderless Ride ()
391	Elma Meadows Rides	Sun, May 9	10:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	45 / 33 / 25 / 12	2637 / 1990 / 970 / 436	XD / DIFF / EZ	Leaderless Ride ()
384	Two Bottles And A Bush	Sat, May 15	10:00 AM	Parking Lot behind fire hall, Hamburg	42 / 35 / 23	2200 / 1200	DIFF / MOD / EZ	Leaderless Ride ()
417	Westwood to Eastwood	Sat, May 15	10:00 AM	Westwood Park, Lancaster	33 / 23	860 / 662	EZ	Leaderless Ride ()
302	New Saturday Sundae	Sun, May 16	10:00 AM	Hamlin Park (south parking lot), East Aurora	41 / 37	1500 / 985	DIFF / MOD	Leaderless Ride ()
431	Cambria Lake	Sun, May 16	10:00 AM	Cambria Fire Hall, Cambria	44 / 36 / 27	600 / 500 / 300	MOD / EZ	Leaderless Ride ()



464	Spotlight Niagara Falls (New, Special Event)	Wed, May 19	10:00 AM	LaSalle Waterfront Park (parking lot), Niagara Falls	~21	469	E Z	Rebecca Ribis (837-0089)
758	Old Greenwalls	Sat, May 22	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	33 / 24	500 / 300	E Z	Judy Li Puma (7164808001)
224	Springville Sprint	Sat, May 22	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42	2500	X D	Needs ride leader. Volunteer here.
142	Members Memorial Century	Sun, May 23	8:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	101	2267	X D	Needs ride leader. Volunteer here.
143	Members Memorial Metric&45	Sun, May 23	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	64 / 43	784 / 372	M O D	Tim Cleary (716 807 7174)
144	Members Memorial Short	Sun, May 23	10:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	29	372	E Z	Needs ride leader. Volunteer here.
743	Dande Farms	Sat, May 29	10:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	34 / 22	393 / 243	E Z	Judy Li Puma (7164808001)
430	Loop-D-Loop	Sat, May 29	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	30 / 20	2254 / 1000	D I F F / M O D	Needs ride leader. Volunteer here.
719	Creek Road Revised	Sun, May 30	10:00 AM	E. Pembroke Central School (approx. 4.75 miles East of Rt. 77), East Pembroke	39 / 34 / 23	1212 / 1032 / 443	M O D / E Z	Needs ride leader. Volunteer here.
256	Silver Springs Switchback	Sun, May 30	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	70 / 32	5489 / 2316	X X X / D I F F	Needs ride leader. Volunteer here.
264	Jim & Kathy's Party Ride	Mon, May 31	10:00 AM	Clarence Middle School, Clarence	35 / 26 / 16	404 / 384 / 281	E Z	James T Vozga (716-462-0200)

June Ride Schedule

712	Somerset Shoreline Cruise	Sat, Jun 5	9:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	36 / 29	430 / 303	EZ	Needs ride leader. Volunteer here.
216	Kissing Bridge Ride	Sat, Jun 5	9:00 AM	Hamlin Park (south parking lot), East Aurora	44 / 30	3517 / 1686	XD / MOD	Needs ride leader. Volunteer here.
203	Century Challenge (Special Event)	Sun, Jun 6	7:00 AM	Clarence Middle School, Clarence	102	2300	XD	Needs ride leader. Volunteer here.
202	Century Challenge - Metric	Sun, Jun 6	9:00 AM	Clarence Middle School, Clarence	62	1437	EZ	Needs ride leader. Volunteer here.
201	Century Challenge - 41 Miles	Sun, Jun 6	9:00 AM	Clarence Middle School, Clarence	41	883	EZ	Needs ride leader. Volunteer here.
774	Northtowns Tour	Sat, Jun 12	9:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	37 / 31	394 / 197	EZ	Needs ride leader. Volunteer here.
340	Country Fair Ride	Sat, Jun 12	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	39	2700	XD	Needs ride leader. Volunteer here.
761	East Amherst - Akron Falls	Sun, Jun 13	9:00 AM	Williamsville East High School (off of Klein, E. Amherst), Amherst	40 / 30	601 / 358	EZ	Needs ride leader. Volunteer here.
748	Bloody Run	Sun, Jun 13	9:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	37 / 30	1800 / 1500	MD / MOD	Needs ride leader. Volunteer here.
433	Lockport Bound	Sat, Jun 19	9:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	39 / 29 / 21	860 / 705 / 305	EZ	Needs ride leader. Volunteer here.
403	Ride for the "L" of it	Sat, Jun 19	9:00 AM	Emery Park, Wales	46 / 28	2700 / 1451	DIFF / MD	Needs ride leader. Volunteer here.
741	War of 1812 Overlook	Sun, Jun 20	9:00 AM	Academy Park (next to Tops), Lewiston	43 / 32	784 / 699	EZ	Needs ride leader. Volunteer here.
386	The Knot	Sun, Jun 20	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	46 / 35	2900 / 1800	XD / DIFE	Needs ride leader. Volunteer here.
757	Fox Valley	Sat, Jun 26	9:00 AM	Westwood Park, Lancaster	46 / 35	935 / 604	EZ	Needs ride leader. Volunteer here.
339	Eighteen Mile Creek	Sat, Jun 26	9:00 AM	Parking Lot behind fire hall, Hamburg	44 / 22	2500 / 750	DIFF / MOD	Needs ride leader. Volunteer here.
401	Woody Allen	Sun, Jun 27	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	50 / 32	2700 / 1600	XD / DIFE	Needs ride leader. Volunteer here.
768	Cambria Crunch	Sun, Jun 27	9:00 AM	West Canal Park (Near Niag. Falls Blvd), Pendleton	36 / 26	753 / 392	EZ	Needs ride leader. Volunteer here.



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Wanted: Sunshine Committee Chairperson

Terry Turski has been Sunshine Committee Chairperson for years and she is ready to retire! The duties are simple: on behalf of the Club, send a card to a member who is sick or injured. Information will come from members who know the situation.

If you would like to take the job, please let an officer or board member know.

Wanted: Newsletter Editor(s)

Looking for a way to contribute to the Niagara Frontier Bicycle Club? The Newsletter is currently published ten times per year, and includes the ride and party schedule, as well as meeting notices and other biking articles of interest.

Duties include:

- solicit and edit articles and photos.
- compile and publish the Newsletter on the NFBC website.
- attend Board meetings.

Currently the Newsletter is prepared in Apple Pages and posted to the NFBC Website as a pdf file. Similar software will be necessary if you wish to do this.

The current editors will provide previous editions and information regarding the Newsletter. We will also be available to assist you if necessary.

Newsletter editors are appointed by the elected NFBC Board members, so if you are interested, please contact any Board member!



Welcome New Members

Mariann Caprino, Susan Kaymon, Thomas Giordano Jr, Nicole Barnum, Philip O'Neill, Esther Kibbe, Rebecca Sherry, Sueann Mullen, Darlene Buckley, Lisa Newman, Dave Maue, Ginny Marble, Ann Marie Mang, Joshua B Jenkins.

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 Brenda Fischer, Club President. NFBC cares about its people!



NFBC Officers

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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 travelling 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

SECONDARY 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)

* Dues Paid 2020 (no fee for 2021) _____ (Submitted for waiver)

Send check payable to NFBC (if applicable) along with signed application to: NFBC

c/o Charles Grammer

2801 George St Eden, NY 14057

www.nfbc.com



Support Your Local Bike Shop



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Tom Lonzi
Owner

3687 Walden Avenue
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Niagara Frontier Bicycle Club



Members cleaned the roadside approaching Chestnut Ridge Park after the the bi-annual Trash and Treasure Ride. The NFBC does this public service every year in the Spring and Fall.

