

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

Nov/Dec 2016

We ride every day!

Volume 47, Issue 10

Dates to Remember

- NFBC Banquet -
November 18

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www.nfbc.com



CONGRATULATIONS TO THE NEW NFBC CLUB OFFICERS AND BOARD MEMBERS



The evening of October 20 was rainy and blustery, but it was warm and welcoming at Tom's Pro Bike where the NFBC held its Fall General Meeting. On arrival, Tom and his crew had a large spread of food and drinks, so first order of business was to fill plates and cups before getting down to business.

After Linc Blaisdell thanked Tom for hosting the meeting, our outgoing club president went through some general items.

- Safety - the club had a relatively safe year. This is good news, but the club will need to continue to strive towards safety on our rides.
- Club trip - Cindy Adams has done the club trips for the past couple of years but has other commitments this year that will prevent her from organizing a trip. Someone (or a team of someones) needs to step up.
- Ride Leaders - We need leaders for Wednesday evening north and Saturday morning breakfast ride. A ride leader team might work well for a given ride.
- Ride map creators - The ride committee could use some help, in particular, with creating the maps that accompany cue sheets for rides. Contact Brenda Fischer if interested.
- At least one weekday ride start will be moved - Wednesday evening south will start from Chestnut Ridge Park for 2017.

Then we got to the BIG topic of the evening, the election of the new board. Ian Currie, captain of the Nominating Committee presented the slate. As usual, the nominating committee's candidates were approved without being contested. The new Board of Directors starting in 2017 consists of:

President - Rob Nowinski
Vice President - Brenda Fischer
Secretary - Liz Skelton
Treasurer - Kathy Karnath

Board Members:

Cindy Adams, Jack Rimlinger, Joe Pizzuto, Michelle Bates, Jen Adolph

The election was followed with a presentation from one of Tom's crew about the Creepy Crawl, a Halloween Pub Crawl by bike in Clarence, something fun that promotes cycling in the community (assuming riders stay sober enough to ride safely).

Finally, a cake was brought out in Linc's honor. Cindy Adams delivered some remarks contributed by board members regarding Linc's laudable style of leadership, summed up with a concluding statement that went something like "the man with small feet is leaving big shoes to fill".

NFBC 2016 Banquet

Friday, November 18, 2016

Pearl Street Grill & Brewery

Last year's banquet venue was such a success, that we are planning a repeat performance! This year's celebration of the 2016 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 18, 2016**. Cash bar will be available at 6PM and a buffet dinner will be served at 7PM.

Buffet Dinner includes:

Garden Salad

Warm Breadsticks

Beer Braised Pot Roast

Chicken Piccata with a Creamy Lemon Sauce

Cheese Tortellini with Sun-dried Tomato Cream Sauce

Roasted Red Potatoes

Sautéed Seasonal Vegetables

Dessert Station of Home Baked Cookies, Brownies, Assorted Dessert Squares

Coffee

(A Fish or Vegetarian entrée is available for non-meat eaters – please note on reservation)

Banquet Reservation Form

Please indicate full names of those attending and note if you require the fish entrée. (If you have other special dietary needs, please let me know and I will see if Pearl Street can accommodate.)

Name _____

☐

Fish Entrée please

☐

Vegetarian Entrée please

Name _____

☐

Fish Entrée please

☐

Vegetarian Entrée please

_____(number of persons attending) @ @30.00/person = \$_____

*Please register and make payment by **Friday, November 11** via Paypal at www.nfbc.com or Mail check (Payable to NFBC) and this reservation form to:*

Kathleen Karnath
159 Wyeth Drive
Getzville, NY 14068

Tributes to Linc's 14 Year Rein as President of NFBC

I joined the Club in 2002, I think Linc has been the only President I've known. His most endearing quality to me is his demeanor. He has been such a steady influence on the club. He doesn't let negative emotions factor in his decision making and he has an ability to see issues from both sides. His greatest personality trait is his equanimity. As I've gotten to know him better, I've come to really enjoy his company. Working with him as a board member was a highlight of my membership in the club. He really set a very high standard for future Club Presidents. I'll miss him in his capacity as President.

Frank

Linc was never about imposing his way on the organization. His was all about facilitating, bringing the board around to some sort of consensus regarding an issue. He sincerely wanted everyone to be satisfied with whatever was decided, even if it took a while. Linc did the club ambassadorship really well, too. Whether it be the Can Am, representing the club at Eastern Mountain Sports club days, charity rides, whatever, he would often be the one out there promoting the club.

Dennis

Linc became president just a few years after I joined the NFBC, and when I first got to know him, he told me that he was also president of an orienteering club. With a big smile, he added that his usual process was to join a club and then get appointed president of it. In the 14 years since, we've been treated to an administrator who was exceptionally detailed and organized in the execution of his duties. He acted as a conduit for lots of information directed to the club, which he filtered for relevance and sent to the board for review/comment when necessary. Also, I admired the way Linc always referred to the club constitution for guidance in resolving issues, to assure that the club founders intentions are honored. He kept us on track ("bike riding comes first") while demonstrating his own passion for cycling. Although his feet are small, he's leaving big shoes to fill.

Liz

Linc had a style that made him comfortable to approach, no matter what the concern may have been. Actively listening, and thoughtful responses without judging, was the norm, and he was skilled at directing you to the resources you needed to get a job done.

What I particularly enjoy about Linc is that he knew how to have fun! Who did not notice and appreciate how he cleverly incorporated some of his hobbies into our events; such as: introducing orienteering with a biking twist, and bringing great wine to club picnics....always with the intent to enrich our palates. Not to mention graciously hosting numerous board meetings and parties at his home. My hope is that in stepping down as President, he will continue to share his diverse interest with us all.

Cindy

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 ELECTION DAY	9	10	11	12
13	14	15	16	17	18 NFBC BANQUET	19
20	21	22	23	24 THANKSGIVING	25	26
27	28	29	30			

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 (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!

SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



tom's pro bike
www.tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453

tlonzi@tomsprobike.com



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John Jansen
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Phone: 716-634-4882
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Henrietta, NY 14823
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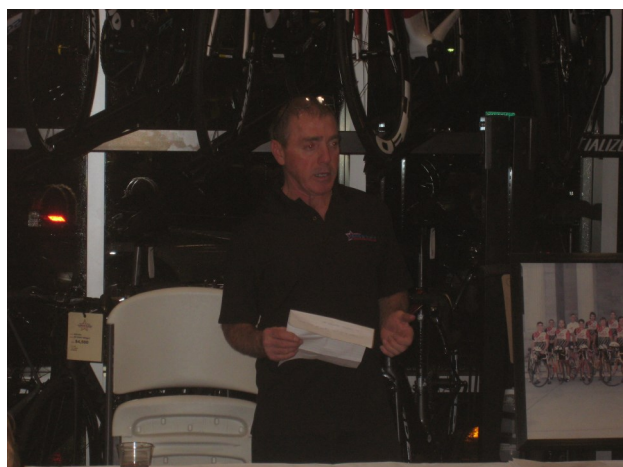
(716) 626-1419

www.cyclesplusonline.com

Michael & Heather Trost



Robbie and Linc, incoming and outgoing leadership.



Our host, Tom Lonzi, delivers some remarks at the meeting.

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 releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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@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:

1. 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.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. 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.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. 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.

Nov/Dec 2016

NFBC—We ride every day

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

