

# NFBC NEWSLETTER

## Dates to Remember

- Club Banquet -  
Nov. 17

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

## Anticipation Of a New Riding Season

There are no more ride schedules to publish. We have one item on our schedule for the next two months, that being the Club Banquet. Many NFBC members are parking bikes on trainers in their basement or hanging them on a hook in the garage and getting the skis and snowshoes out of storage. But look inside this issue as Cindy Adams provides an overview of the NFBC Club Trip for 2018. So when those cold north winds blow, you can warm yourself with thoughts of being part of this adventure.

Though not officially an NFBC event, Jim and Kathy Karnath are planning on a 'Tulip Tour' bike and barge trip in Amsterdam in April using a commercial tour service. If you didn't see Jim's post on YahooGroups and think this might be of interest to you, contact Jim at jimkarnath@yahoo.com or Kathy at treasurer@nfbc.com.

Richard and Arlyne Lepie are also planning a bicycling trip abroad in June, theirs going to Lithuania, Latvia and Estonia. This is also not an official NFBC trip. Contact Arlyne at lepiegal@hotmail.com for details.

Of course, there will be plenty of great rides right here in Western New York starting in March. Looking forward to the new season will make those miles on the spin bike or trainer go by much faster. At least it might help take your mind off of the monotony of pedaling to go nowhere.

## Club Banquet

**The deadline for making a reservation for the club banquet is November 1.** If you're reading this newsletter just as it is published, there's still time (barely) to send in your reservation for the 2017 NFBC Club Banquet. Details and reservation form are inside this issue. Awards will be handed out for various high mileage award categories. Those who volunteer time and talent to the club will also be honored. Best of all, you'll be able to get together with friends and talk about the season highlights over a great dinner and burn off some calories on the dance floor. If you haven't sent in your reservation yet, don't put it off any longer.



# NFBC 2017 Banquet

**Friday, November 17, 2017**

**Pearl Street Grill & Brewery**

This year's celebration of the 2017 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 17, 2017**. 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**

**Sweet Ending Station of Assorted Desserts & Coffee**

**(A Vegan and Gluten Free entrée is available upon request – please note on reservation)**

After mileage and service awards, a DJ will spin your favorite tunes for dancing.

**Cost is only \$30.00 per person.** Please register as soon as possible! Send the completed form below along with your check made payable to NFBC to the address below.

## Banquet Reservation Form

Please indicate full names of those attending and note if you require special meal service.

**Name** \_\_\_\_\_

Gluten Free Entrée       Vegan Entrée please

**Name** \_\_\_\_\_

Gluten Free Entrée       Vegetarian Entrée please

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

Please register and make payment by **Wednesday, November 1**

Mail check (Payable to NFBC) and this reservation form to:

Karen Ostrum  
6141 Marriet Ct  
East Amherst. NY 14051

## 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	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
<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, 860-9039
	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., Swormville (Clarence)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	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	Brad Chase 632-5636
<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.

## **Club Trip 2018 Poughkeepsie, NY**

Poughkeepsie, located just 5.5 hours from Buffalo, N.Y. is called “The Queen City of the Hudson.” Tucked along the Hudson River, Poughkeepsie and its surrounding area is a treasure chest full of history, beauty, culture and fun! There are exquisite riverfront mansions to view, a pedestrian walkway over the Hudson River, beautiful parks, wine trails, local shopping centers, and quaint historical towns...Hyde Park, New Paltz and Rhinebeck to name a few. Another great jewel the area has to offer is the Culinary Institute of America located in the heart of the city. You can try out the Institute’s dining options, or explore the countless highly rated restaurants in the area. Oh yes...there is biking too! There will be rides scheduled every day, with a shorter and longer distance ride offered each day. We will ride in groups, so no one will be left behind! The rides will take you through lovely historical towns, and beautiful rolling country sides. If you don’t like rolling hills or climbs, there are 28 miles of paved bike paths in the area. One of our rides will begin and finish with a picnic at Bowdoin Park. Please join us for this enjoyable club trip.

A block of rooms has been reserved at the newly renovated 5 star Holiday Inn Express Hotel, located at 2750 South Road, Poughkeepsie. The trip will begin on Friday, August 17, check-in at 3:00 p.m., and conclude on Tuesday, August 21 at 11:00 a.m. Standard rooms, with a king size bed or two queen size beds will be made available at a rate of \$119.00 per night, with a 12.125% tax. Complimentary breakfast is served each morning. Each room contains a microwave, a refrigerator, and a safe. The hotel has an inviting outdoor pool and patio, a complimentary laundry room on the 4<sup>th</sup> floor, a 24 hour business center, and a 24 hour fitness room. The Holiday Inn Express has agreed to hold rooms aside for the group and will honor the negotiated rate until June 17, 2018 when all remaining rooms will be released back to standard inventory, and pricing. You can make your reservations by calling (845) 473-1151. The booking code is “NFBC”. There is a 48 hour cancellation policy. Once you have made your reservation, make sure you let Cindy Adams ([cynthia12@roadrunner.com](mailto:cynthia12@roadrunner.com)) know you are attending so that you can receive additional trip information and cue sheets. Also, if you would like to help with any aspect of this trip, contact Cindy.

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

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

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

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Henrietta, NY 14623  
Phone: 585-424-2777  
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**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 [editor@nfbc.com](mailto: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](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Rob Nowinski, president. NFBC cares about its people!

## Niagara Frontier Bicycle Club

### Board of Directors

**President**

Robert Nowinski (490-0752)  
33 Seneca Parkside  
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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 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
<b>TOTAL</b>	\$	\$
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](mailto: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:

- 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.

Nov/Dec 2017

*NFBC—We ride every day*

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

