

NFBC NEWSLETTER

Dates to Remember

- Nov. 19, NFBC Banquet
- Nov. 22, Deadline for club trip proposals

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Officers and Board elected at Fall Meeting

The NFBC Annual Fall General Meeting was held on Thursday, October 14 at the Harris Hill Volunteer Fire Hall. The primary business item was the election of Officers and Board members. The slate of candidates was moved and unanimously approved. No nominations were made from the floor. Elected for two year terms are President--Linc Blaisdell; Vice President--Dennis Powell; Secretary--Liz Williams, NOW Liz Skelton (congratulations, Liz and Darrell!); Treasurer--Kathy Karnath; Board of Directors--Jane Armbruster, Ian Currie, Brenda Fischer, Frank Soltiz, Cindy Stachowski.

Other issues discussed included the Annual Banquet (November 19). It's not too late to sign up; send the form on page 2 to Liz Skelton. Send ideas for the banquet program to Jim Vozga.

Linc reported on the 8 bicycle accident reports he had received to date. The number is lower than last year, but it is possible that not all reports are in yet. Also, some crashes involving club members occurred on non-club rides. Jim Vozga, for the Safety Committee, will examine the accident reports with the goal of making helpful recommendations to club members.

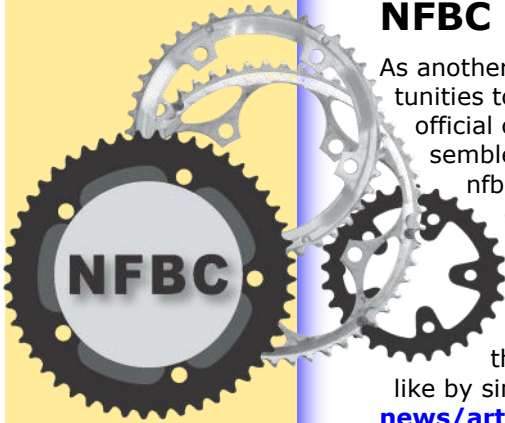
There will be a form online (and in this *Newsletter*, page 7) for people to use when submitting club trips for next year. Some people mentioned travel ideas they may propose as club trips or excursions for 2011 or later: Alex Setlik--Belleville; Dennis Powell--Thousand Islands on the American side; Tom Barone--Bike Train to Toronto (July 29-31); Arlyne Lepie--Nova Scotia; Linc Blaisdell--Ragbrai; Alex Setlik--Horsey 100.

There was some discussion of nfbc@yahoogroups.com, with concern that it may not be working well to have both functions, essential club communication and more general opinion sharing, combined.

NFBC Riding Season ends October 31

As another great riding season draws to an end, there are still many opportunities to continue group riding while the weather permits (even though official club rides are over). Many morning riders will continue to assemble at the same location for non-official pick-up rides; look at nfbc@yahoogroups.com and See-by-bike for mention of rides (and other stay-in-shape activities).

As you head back to the gym, remember that cross-training is defined as, "Performing an activity you really hate, in the hope that it will make you better at an activity you really like, even though you're pretty sure you'd become better at the activity you like by simply doing that activity." (<http://www.bikeradar.com/news/article/humour-cross-training-for-cyclists-13329>).



The 2010 NFBC Banquet

Friday, November 19 @ Fox Valley Country Club
 (6161 Genesee St., Lancaster, NY)



The annual NFBC end-of-the-season banquet will take place on **FRIDAY, November 19th** at the Fox Valley Country Club at 6161 Genesee St in Lancaster, NY. Cash bar will be open at **6PM** for attitude adjustment, and dinner stations will commence at **7PM**.

As in past years, the fabulous chefs at FVCC will delight us with the dinner fare: hand-carved roast turkey and roast beef, fresh pasta combinations made to your specifications, garden salad, vegetable medley, coffee and light dessert.

In addition to the customary mileage awards, there will be a special program focusing on the club's 40th anniversary. Jean Frederick and Jim Vozga will be displaying memorabilia and showing videos of "the way we were".



Warren Stamm will spin tunes for our dancing pleasure to conclude the evening.

The price for this delightful evening? Unchanged from the last 2 years at \$27 per person!

Current and former members are encouraged to send the reservation form (below) and check in early, as we expect a record crowd this year.



**Sign
me up!**

Banquet Reservation Form
Make Checks payable to NFBC

Names of those attending:

Name _____ Phone _____

Name _____ Phone _____

Mail check (\$27 per person) and this reservation form to:

Liz Skelton
 4614 Hampstead Dr
 Clarence, NY 14031

THANK YOU

CAN AM Volunteers

Corrections! Some folks who helped out with the Can Am were not included in the "thank you" in the October NFBC Newsletter issue; my apologies for the mistake.

Paul Sprada worked on Bridge clearance. He also got his boss involved to help the Can Am

riders cross the border smoothly. Lori Harf helped the others at registration Saturday night and Sunday morning, including handing out tee shirts.

Again, thank you all!

Niagara Frontier Bicycle Club

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Behind the Scenes: The Ride Committee makes it happen!

By Dennis Powell

While the winter winds blow and snow banks line the streets, many in the cycling crowd are looking out their windows and thinking of rides. Your bicycle club is also thinking about rides, the ones you may do in the season to come. There are several ways you can help in this process, as described below.

I was in the club for many years before I found out there was such a thing as a Ride Committee. I knew there was an elected board, and perhaps I thought they generated the ride schedule. In fact, the only elected board member that MUST be part of the Ride Committee is the club Vice President. He or she is the overseer of the Ride Committee. The rest of the committee may or may not be elected club board members. They are usually very active members well versed in the many rides in the club's inventory and have a willingness to share their enthusiasm for cycling by creating an interesting schedule of rides to the club.

The club offers over 100 unique weekend rides from its large inventory of touring rides during the course of the season. Since the club covers a wide geographic area, there is often a North and a South ride on a given weekend day. The creation of the club ride schedule starts around the beginning of the year. The committee will convene and go over the last year's schedule, reviewing what worked and what didn't. The ride committee relies on written (or emailed, powelldj@ieee.org) input collected from club members about past rides. Input such as cue sheet errors, less-than-pleasant roads to bicycle on, ride start locations, or comments about the schedule are important factors, and all are discussed and addressed. Next, the dates for party rides are inserted, if the dates are known. Party rides are usually "stand alone". That

"The club offers over 100 unique weekend rides from its large inventory of touring rides during the course of the season."

means they are the only ride offered on that weekend day (outside of the regular Saturday and Sunday 'breakfast' rides). The committee will attempt to match a ride from the club inventory to the party location.

A couple of non-club events are noted (Tour de Cure and Ride for Roswell). The committee will attempt to schedule rides that stay clear of the area covered by the charity rides, and will also offer less glamorous ride options so as to not compete with these important fund raisers. An attempt is also made to schedule less interesting local rides with club trip dates.

The Ride Committee continues by filling in the remaining weekend days. We follow some unwritten rules in doing this. For instance, a challenging Saturday ride is offset by a less challenging Sunday ride. A ride that starts in Clarence on Saturday would likely have a ride start that is NOT in Clarence on Sunday.

While it may seem a simple task of taking last year's schedule and superimposing it on the next year's schedule, there are more issues to address. We may move a ride that has been repeatedly scheduled at a time of year when rain-outs are more frequent. Move that ride and a domino effect starts taking place. Something has to move into its old slot. Where did that come from, what needs to be rearranged to accommodate that move? Many hours are consumed trying to make everything fit into the schedule correctly.

Once a schedule is in place, there are other tasks the Ride Committee is responsible for. A total of about 4000 copies of cue sheet are made for the weekend touring rides each year. For each ride, the VP prepares a Ride Leader's envelope which contains the cue sheets and a Ride Leader kit which

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consists of the sign in sheet, Ride Leader instructions, crash report form (which hopefully doesn't get used) and a stamped, addressed envelope for the ride leader to send to the club President. A label is put on the envelope so that it is easily recognized for the ride name, distance(s) and start locations so it can be picked up by a prospective Ride Leader. Getting ride leaders is the next task the Ride Committee handles. The club VP works on three months of rides at a time, bringing the box of Ride Leader's envelopes to club meetings, parties, and weekday rides, to recruit Ride Leaders. Again, this is where we need your help! Ride Leaders accept the responsibility of being at the ride, collecting signatures, and then mailing the sign in sheet. A ride leader doesn't even have to ride, though enthusiasm about the task, including participation in the ride, is strongly encouraged. This is a great way to get involved with the club, and share the responsibilities of club activities.

A schedule isn't worth anything if no one knows about it. The Newsletter is considered the official resource for the club ride schedule. Even after the year is planned out, there may be changes from month to month. The Ride Committee gets all the final changes to the Newsletter Editor and the editor formats it as necessary and publishes it.

Morning and evening weekday ride leaders are



pretty self-sufficient, but the Ride Committee also assembles a Ride Leader kit for each Weekday Ride Leader with the sign in sheets and stamped, addressed envelopes.

The club's inventory of rides has been collected over our 40 year history. The cue sheets were produced with whatever was available to the ride creator at the time. Some have been handwritten with a hand-drawn map, some done on a typewriter. Various computer-generated cue sheets have been produced in whatever format and font the cue sheet creator felt like using. Mapping software has made it much easier to include cue mileage so newer maps/cue sheets reflect this. Recently, the Ride Committee has decided on a standard cue sheet format that should make it easier for the any cyclist to follow the route without squinting at small fonts or trying to digest gobs of text at speed. Redoing the many

cue sheets in the club's inventory is time-intensive labor and will take years to complete (or bicycle GPS will supplant cue sheets and we'll start getting rid of paper). The ride committee is doing the conversions, although outside help is welcome.

The Ride Committee goes to considerable effort to put a season's worth of rides together that we hope club members find enjoyable. We need your help to identify problems in previous rides, and to volunteer to be Ride Leaders. If missteps take place in delivering this product, rest assured, it isn't for lack of trying.

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.

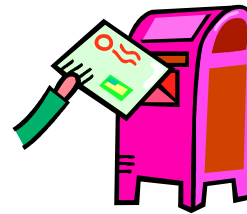
NFBC NEWSLETTER DEADLINE

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 elaine_rubey1@yahoo.com

HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

Letters to the Editor



More Thoughts on a "Modest Proposal" (a letter to the editor published in the September 2010 Newsletter, page 10)

The sign in sheet at the beginning of each ride is signed to free the club from liability in case of an accident. The members' numbers are not just for mileage, but to verify that they are members. If a member's number or signature is unreadable, that person does not "get" mileage for that ride, but there is a better way to insure that: if you don't want your mileage counted for awards, all you need to do is notify the President, Linc Blaisdell. This option was publicized a year or so ago, but it's good to get a reminder. In the past 30 years there have been several individuals who qualified for top mileage awards but asked not to receive them. Typically these folks had received the top award one year and then preferred to give others a chance. RIDING is the only thing that matters.

The club has been recording mileage for 40 years and everyone looks at it differently. To most of us it does not mean more than an interesting statistic at the end of the year. To some it represents an achievement of personal goals - "If I can only do 2,000 miles this year". Mileage

has never been more important than riding and socializing with fellow riders. However, what has not been addressed is the enforcement. I prefer to look at the rules as "guidelines". We are all adults and ride leaders are encouraged to use their best judgment. The primary area for enforcement should be safety.

It takes many volunteers to do the organizing, communicating, mapping, and leading that makes the rides possible. The Ride committee, Ride leaders, newsletter, and website are there for you, so you can RIDE. There is nothing else more important than RIDING. Nothing! It is our "Zen", our mental therapy. It puts the smile on our faces. The socializing and parties are secondary.

Recently I've seen so much discussion on this one topic that it almost seems as if sharing opinions with the whole club occupies as much time as riding. I say stop squabbling, do some fact-checking, volunteer to help guide the club in the direction desired by the majority. And if you find yourself in the minority, remember that the most important thing is RIDING.

Jean Frederick



Observations from a newcomer

This is my second year with NFBC. For 8 previous--as well as this--seasons I rode with another local club. I will continue to divide my time but I thought I'd offer some personal views.

As someone who 'needs a few miles to get his legs under him' NFBC's morning rides are like a breath of fresh air. Starting out at 15/16 mph instead of a full bore 17-20 makes for a far more enjoyable ride (and one I still have leg to finish strong on). The morning ride length of 23-28 is...again, a breath of fresh air. There are days when one simply does not want to do 35/40 miles and then go in to work.

35+ are great for the weekend but weekday (when you have to work and when the speed is up there for the entire distance) ends up a chore for this rider.

Cue sheets. God's Blessing :o). Without cue sheets every ride winds up 'an adventure'. Adventures are great, but

not when the leader of the ride is out of sight and you are clueless as to where everyone was headed (and this can and does happen: flat tires, equipment malfunctions, etc.).

My Thanks to the ride leaders who show up for every ride (even if the ride winds up canceled due to inclement weather), My Thanks to the folks who set up the click on cue sheet format on NFBC's web site. My Thanks to the folks who see that the newsletter is out BEFORE the end of the preceding month.

When I began cycling with NFBC a fellow rider gave me her unbiased opinion of the club.

"They may have issues here and there and on occasion folks may not see eye to eye but overall, this club has its "act" (she used a different word) together and that makes a world of difference"

Rich McCarthy
NFBC #2346

Club Trip Proposal Form

If you want to organize a club trip for the 2011 season, this is the time to begin the planning process. The Board of Directors has established procedures to encourage more members to propose trips, and that process begins with completing the following Club Trip Proposal Form. Send it to NFBC President Linc Blaisdell by November 22. The form provides preliminary information that will let the Board decide which trips should be developed further for next season. The authors of those trips that are chosen will be informed so that they can complete more detailed planning by mid-January, to get final approval from the Board. In any given year, more than one trip may be approved, depending on length, timing, and conflicts with other proposed trips.

1. What is the trip destination?
2. What are the proposed trip dates (arrival & departure from destination)? If the timing is to coincide with a particular event, please note that here.
3. Are there alternate trip dates that would work as well?
4. What are the local tourist-type attractions?
5. What makes it a great area for cycling?
6. Are there any special events, like festivals or rides, in that area at that time?
7. Can you provide any information on accommodations and group meals at this time?
8. What is the distance from Buffalo to the trip location?
9. How will you create or obtain cue sheets for rides?
10. Please give a general description of the trip and its highlights, including any information we missed from the questions above.

Organizer(s):

Name _____

Phone # _____

Email _____


Name _____

Phone # _____

Email _____

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