

NFBC NEWSLETTER

Dates to Remember

- No NFBC Rides this month; pick-up rides continue as long as weather permits
- Nov. 18, NFBC Banquet
- Dec 28, Preliminary club trip proposals due to Board
- January 25, Details on club trip proposals due to Board
- February 17, NFBC Annual Spring Meeting

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Discussion Highlights Annual Fall Meeting

The NFBC Annual Fall General Meeting was held on Friday, October 21, with President Linc Blaisdell presiding. Since this is not an election year, the agenda consisted of club business: announcements and discussion.

- Liz Skelton reported on the upcoming Banquet, and encouraged members to get their checks/reservations in soon.
- Brenda Fischer and Cindy Stachowski, the Board subcommittee on club trip guidelines, distributed a packet of information for people who want to organize club trips. This included new and old information as well as the form to use when submitting a trip proposal to the NFBC Board for approval (reprinted on pages 2-3). New guidelines were added to clarify and expand on the Board's intention that club trips be designed with maximum flexibility so that as many members as possible can participate, and to assure financial transparency for all trip-related expenses. Discussion followed.
- Tom Barone described a bike trip to the 1000 Islands region that he is planning.
- Sue Williams reminded members that the Sunshine Committee operates year-round. Let her or Linc know of members in need of a cheering greeting card from NFBC.
- Linc reported on the scheduling issue that the CanAm Committee is currently considering: the Frank Lloyd Wright Boathouse is available in September, but not August, of 2012. Linc asked for a sense of the club members present re whether it was preferable to change the venue or change the month for the CanAm. Discussion followed. Traditional after-meeting refreshments, including pizza, were served.

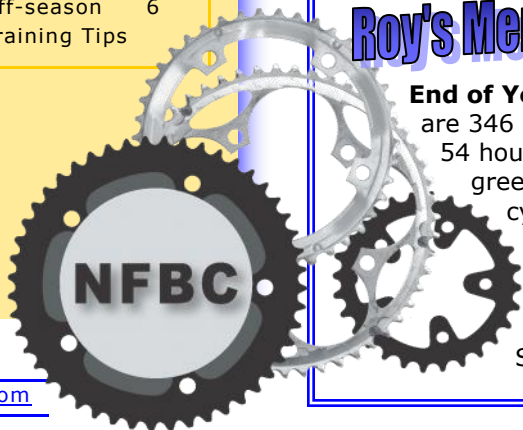


Roy's Membership Update

By Roy Tocha

End of Year Report: There are 439 members in the club. There are 346 households in the club. 96 members are new members. 54 households receive the snail mail *NFBC Newsletter*. NFBC is greener than last year. I hope you have had an enjoyable cycling season. The end of the cycling season is approaching. Official NFBC Club rides end the end of October.

Welcome to the latest new members: Michelle Lynn Bates, John Burnham, Jason Van Cleve, Ed McGrath, Rick Nye, Joseph Quadrone, Jeffrey White, Steve White.



Information and Guidelines for Planning NFBC Trips

GENERAL PARAMETERS FOR CLUB TRIPS

The NFBC exists primarily to support rides in Western New York for its members. The club also encourages social interaction among its members.

From time to time, in order to further extend this riding and social interaction, the NFBC sponsors multi-day trips to destinations outside Western New York. Just as the Ride Committee coordinates rides within Western New York, the Trip Committee will coordinate multi-day rides and rides outside Western New York. The Trip Committee encourages members to suggest, plan, and/or coordinate an out-of-the-area experience.

The following guidelines have been established to aid in planning trips outside Western New York:

Procedures

1. Any club member may propose a destination for a club trip.
2. Such proposal should first be presented to the Trip Committee.
3. The Trip Committee will present all appropriate proposals to the Board for approval.
4. After Board approval the trip must be published in advance in the *NFBC Newsletter*.

Parameters

1. Trips are open only to club members, their spouses, and their guests.
2. All **riders** must be members of the NFBC.
3. Trips may not be advertised to the public.
4. No trip can be part of a commercial venture, part of a charity ride, or a part of a ride sponsored by another organization.
5. A person or group proposing a trip may use the help of the Trip Committee or may elect to manage the trip by itself.

NFBC CLUB TRIP FORMATS AND PRICING PROTOCOLS (New Section in 2011, by Brenda Fischer and Cindy Stachowski for the NFBC Board)

Club trips are a good way to enjoy cycling and socializing outside of the Buffalo area. NFBC requires the following protocol when planning a trip. You may plan an "All-inclusive" package or an "A La Carte" package with required controls and disclosure of how the money is spent, or a "Book Your Own" package with details on the planned hotel and activities and how to make the reservations.

All-inclusive Package

If you offer this package, you must provide details on how all money will be spent. Receipts must accompany a trip expense report and be submitted to the treasurer within 10 days after the last day of the trip. Unless the treasurer deems it not practical, all monies should be paid to NFBC, and then paid for by NFBC, either the treasurer or a delegate. The information submitted would include, for example:

Suggested hotel: \$xxx, with details of charge per night, length of stay, # nights

Activities (group meals, entertainment, etc.) and cost: \$xxx

Rides / Cue Sheets: Info on approximate length options / terrain / sites

Registration fee must include itemized cost for all expenditures:

Hotel room single/double, rate divided by number in room
Activities – Cost included in package

Restaurant/food/party- Cost included in package

Plan for a common meeting area and establish BYO gatherings before and after the dinner hours.

Refunds/Cancelations- In event of a cancellation, any money that can be recovered should be refunded to the participant. If a hotel allows cancellation up to a day before the trip, the NFBC club trip should have the same cancellation deadline for that portion of the trip. A scheduled roommate should be contacted as early as possible to allow that person the chance to decide whether to go at the single rate, find another roommate ASAP, or be part of the cancellation. She/he could also move in with another roomed pair and share the cost of that room if there are willing members.

If any participants feel that they can not participate in the whole trip and decide instead to book their own hotel or other reservations on their own they will be allowed to attend any club meetings or events, with the understanding that if there is a cost associated they will need to make that booking, pay their own bill or attend without consuming goods paid by trip funds. All club members will be welcome regardless of how they have made their arrangements.

A La Carte Package

If you offer this package, you must provide details on how all money will be spent. Receipts must accompany a trip expense report and be submitted to the treasurer within 10 days after the last day of the trip. Unless the treasurer deems it not practical, all monies should be paid to NFBC, and then paid for by NFBC, either the treasurer or a delegate. The information submitted would include for example:

Suggested hotel: \$xxx, with details of charge per night-
Length of stay: x nights

Activities (group meals, entertainment, etc.) and cost: \$xxx, with check boxes options on registration form

Rides / Cue Sheets: Info on approximate length options / terrain / sites

Registration fee must include itemized cost for all expenditures:

Hotel room single/double, rate divided by number in room
Activities – Must be optional and may be non-refundable after established deadline

Restaurant/food/party – Must be optional and location / meal disclosed

Plan for a common meeting area and establish BYO gatherings

Planning NFBC Trips, continued from page 2

erings before and after the dinner hours.

Refunds/Cancelations- In event of a cancellation, any money that can be recovered should be refunded to the participant. If a hotel allows cancellation up to a day before the trip the NFBC club trip should have the same cancellation deadline for that portion of the trip. A scheduled roommate should be contacted as early as possible to allow that person the chance to decide whether to go at the single rate, find another roommate ASAP, or be part of the cancellation. She/he could also move in with another roomed pair and share the cost of that room if there are willing members.

If any participants feel that they cannot participate in the whole trip and decide they want to book their own hotel or other reservations on their own to keep it simple and within their control they will be allowed to attend any club meetings or events, with the understanding that if there is a cost associated that they will need to make that booking, pay their own bill or attend without consuming goods paid by trip funds. All club members will be welcome re-

gardless of how they made their arrangements.

Book Your Own Package

The organizer identifies the hotel, provides reservation information, and suggests activities or areas of interests. Participants are responsible for making hotel reservations and planning of activities and/or sightseeing. We would hope that we could get a common meeting area and establish BYO gatherings before and after the dinner hours. The information submitted would include:

- Suggested hotel and anticipated cost
- Length of stay
- Activities/sites
- Rides / Cue Sheets or information on the approximate length and terrain of ride options

This person or any member may plan for a common meeting area and establish BYO gatherings before and after the dinner hours. As people book themselves on this trip, we ask that they notify the coordinator so that we know how many are going.

NFBC Club Trip Proposal Form

Please complete this form and return it to the NFBC Board by the indicated deadline

Where?

Destination: _____

When?

Proposed Trip Dates: _____

Alternate Trip Dates: _____

Why / Cost?

Local Attraction: _____

Museum(s): _____

Special Event(s): _____

Cycling Attraction(s): _____

Food and/or Drink: _____

Other: _____

Who?

Organizer #1: _____

Phone: _____

E-mail: _____

Organizer #2: _____

Phone: _____

E-mail: _____

How / Cost?

Transportation: _____

Accommodations: _____

Ride Routes: _____

Group Meals: _____

Anything Else?

Comments: _____

The 2011 NFBC Banquet

Friday, November 18 @ Fox Valley Country Club
(6161 Genesee St., Lancaster, NY)

The annual NFBC end-of-the-season banquet will take place on **FRIDAY, November 18th** 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.

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

The price for this delightful evening?
Unchanged from the last 3 years at \$27 per person!

Current, former, and wanna-be 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
38 Brandel Ave.
Lancaster, NY 14086

One Last Chance to Order an NFBC Jersey!

The new club jerseys look GREAT and have prompted many requests to place a second order. As we need a minimum of 15 of a single style and gender, we will only be offering short sleeved regular fit jerseys. The cost will be \$52; please add \$5 if you want the jersey mailed to you. Make checks payable to NFBC and send to me at 159 Wyeth Drive, Getzville, NY 14068. An order form is attached.

(I have one size Large men's sleeveless jersey available now for \$52)

I am comfortable that we will meet the 15 mens jerseys and 15 womens jerseys.

Kathleen Karnath, NFBC



NFBC Club Jersey Order Form



Name _____

Address _____

Phone _____ e-mail: _____

Send completed form and check payable to NFBC to Kathleen Karnath, 159 Wyeth Drive, Getzville, NY 14068 by September 23.
Add \$5 if you want your jersey mailed to you.

Jerseys		Product Options							Price	Part Number		
Jerseys	Sport Cut	Short Sleeve	Standard Features	XS	SM	MD	LG	XL	2XL	3XL	Price	Part Number
Men's Sport Cut, Short Sleeve, Raglan Sleeve	Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeves - 3 Straight Back pockets										\$ 52.00	PW-00-275
Women's Sport Cut, Short Sleeve, Raglan Sleeve	Speed Pro Fabric - YKK 3/4th Hidden Zip -NO Elastic @ Waist & Sleeves - 3 Straight Back pockets										\$ 52.00	PW-00-615

Off-Season Training Tips for Bicyclists

by Dick Rafoth

It's tough to maintain a regular training regimen 12 months a year, especially for those of us who spend winters in the Niagara Frontier. Taking a break from your usual routine for an off season, winter training program will not only help you maintain a good foundation or base for those early spring rides, but also help to avoid burn out when it's time to resume those tough, regular season sessions. A balanced off season program should contain resistance (weight) training, time on an indoor stationary trainer, and a cross training aerobic sport such as swimming or x-country skiing. Other choices might include aerobic classes, self defense classes, jumping rope, tennis, rowing, swimming, yoga, spin classes, and mountain biking, if conditions permit. The variety of activities in itself enhances the psychological benefits of a winter break.

Along with its cardiovascular benefits, cross training helps maintain balance skills, muscle strength, hand to eye coordination, and improved range of motion. Although there are sport specific, training benefits that are only gained from being on the bicycle itself, **your next season's cycling performance will benefit from the psychological break of cross training** - a break from the stress of meeting regular training deadlines as well as a break to give your body time to rebuild and rest the muscles, joints, and ligaments that are repeatedly stressed by your regular season training routine.

It's not unusual for competitive athletes to experience a psychological low spot or "burn out" in their performance after a hard season of training and riding, so many coaches encourage an off season break as part of a balanced training program. But all serious cyclists are, in their hearts, competitive creatures (even if it's only with themselves and their Personal Records) so having off season alternatives to "just lying around" meet their basic need for regular exercise. And when it's time to get back into the spring training routine, remember to start easy for a week or two as you come back up to speed.

Consider the following as a rough guide (starting point) to design your own program:

OCTOBER

Weights - This is a transition month. Don't worry about the amount of weight you are using. Try varied exercises including back extensions, leg presses, leg curls, calf raises, bench press, and abdominal work. Aim for 12 to 20 reps for 1 to 3 sets, 3 times a week.

Stationary bike - the goal is fast cadence, interval work. Warm up for 15 minutes. Do step intervals (30 sec with 60 sec easy spinning, 60 sec with 60 sec easy spinning, 90 sec with 60 sec easy spinning, up to a 3 minute exercise interval and then cycle back down). Aim to keep your

cadence above 90 and heart rate at 80-90% MHR. Cool down for 15 minutes. Three times a week.

X-training sport - This is an important strategy to prevent boredom and staleness. Consider swimming, cross-country skiing, whatever, but don't forget to take a day or two off just as you did during the regular cycling season.

NOVEMBER/DECEMBER

Weights - Now that you are into the routine, it is the time to begin to build muscle mass. 3 days a week, 8 to 12 reps, 2 to 3 sets.

Stationary bike - It's time to move into an endurance phase with a moderate cadence of 85-95 with heart rate at 75% max. Do a 15 minute warm up, a 12 minute ride, and then a 3 minute rest with easy spinning. Three times a week.

X-training sport - This is still important to prevent boredom and staleness. Try swimming, x-country skiing, whatever.

JANUARY/FEBRUARY

Weights - Still working on bulk and strength - 6 to 10 reps, 3 or 4 sets, 3 times a week. Try to add a fast component in the lifting phase (explosive power) to prepare for the demands of cycling.

Stationary bike - Get back to speed work: 10 all out sprints of 20 seconds in the highest gear and the fastest cadence you can manage. Then do easy spinning for 5 minutes between sprints. Cool down for 15 minutes. Three times a week.

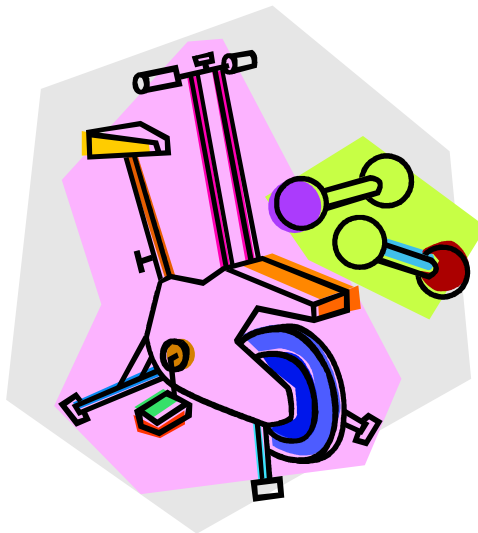
X-training sport - Hang in there, this remains a key to prevent boredom and staleness.

Mountain biking - If weather permits, consider throwing in a little mountain biking. Experience (and internalizing instincts on conditions) gained will boost your ability to handle skids, slippery roads, unexpected excursions off the pavement, and even riders who go down in front of you. One of the skills, along with balance, is developing the right instincts on the brakes. When your tires are at risk of losing traction, remember that braking hard in turns or during a skid will only put you on the ground. You can't have control unless your wheels are free to turn. This is a common thread for wet and slippery pavement, dirt, or a light covering of snow.

MARCH

It's time to prepare for endurance on the bike again. Use lighter weights (maybe 75% of the weight used in Jan/Feb), more reps (12 to 15, 1 to 2 sets). And only twice a week with the balance of the time back on the bike again. **Road riding** - Time to get out on the road again - endurance rides with occasional sprints on the bike until your base of 500 miles has been established.

Editor's note: This article was re-printed with permission and modification from the website CYCLING PERFORMANCE TIPS, <http://www.cptips.com/wnttrq.htm>



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Above: Ian led the Sunday, October 23 Breakfast Riders to Chestnut Ridge. *Photo by Linda Kalka.*

Below: On the Saturday, October 22 ride "West Falls Backcreek" out of Orchard Park, riders stayed warm despite the temperature drop from 51° to 44° during the ride. *Photos by Ron Kalka.*



Niagara Frontier Bicycle Club
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