

# NFBC NEWSLETTER

## Dates to Remember

- Nov. 20 NFBC Banquet

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

## NFBC 2015 Banquet

**Friday, November 20, 2015**

**Pearl Street Grill & Brewery**

This year's celebration of the 2015 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 20, 2015**. 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 Piccatta 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 Entrée is available for non-meat eaters – please note on reservation)**

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

### 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

Name \_\_\_\_\_

Fish Entrée please

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

Please register and make payment by **Friday, November 13** via Paypal at [www.nfbc.com](http://www.nfbc.com) or Mail check (Payable to NFBC) and this reservation form to:

Kathleen Karnath  
159 Wyeth Drive  
Getzville, NY 14068

## NFBC FALL GENERAL MEETING

There was a very good turnout at the NFBC fall General Meeting on October 16 at the Harris Hill Volunteer Fire Hall.

The big news is that the Can Am Ride is coming back, although in a slightly different form. The NFBC is partnering with Go Bike Buffalo and the Program for Understanding Childhood Concussion and Strokes (PUCCS). Go Bike Buffalo will be taking the lead for organizing the event. Banking on their experience with running large events, they are aiming for a turnout of about 500-600 participants for the 2016 edition of the Can Am. The event will likely start and end at the Connecticut Street Armory. The proposed dates for 2016 are August 6 and 7. Similar to the way the NFBC did the Can Am, they are trying to structure it as a weekend event, with the main rides occurring on Sunday. Unlike the NFBC Can Am, this will be considered a charity ride, with Go Bike Buffalo and PUCCS being the main beneficiaries. Go Bike already has a couple of sponsors signed up. (Kaleida was mentioned specifically.) The role of the NFBC with this event is mostly in route development, although volunteers from our club would be welcome to help in handling event day chores.

Bob Ehrheart informed everyone that Tom Barone's ashes were dropped into the Allegheny River while he and a few other club members were on a cycling trip that went along the Allegheny. New NFBC members may not know that Tom Barone was one of our most enthusiastic members and put together some memorable cycling trips that many of us participated in. Tom had, shortly before passing away, gotten heavily into kayaking, so it seemed very appropriate to scatter his ashes into a waterway while cycling on a trail that paralleled that waterway.

Brenda Fischer, club VP and head of the Ride Committee, noted that there was a great deal of trouble getting ride leaders this year for the North rides. Some ideas were offered up, such as having a 'master' ride leader coordinator each month who would, then, seek out ride leaders and get ride packets to them. If you have any suggestions that would help smooth the process of getting ride leaders, let Brenda know. Contact information is at the end of this newsletter.



NFBC Fall General Meeting 2015

Below is a report from Brad Russell on a non-NFBC cycling trip to Nova Scotia that a few NFBC members enjoyed.

With much hard work and meticulous planning by team Lepie, Arlyne and Richard, eighteen friends and club members joined them for five fun filled days of cycling and sightseeing in the lobster fishing and ship building villages on the southern shore of Nova Scotia. We departed from Portland, Maine on the evening of August 28 and spent the next ten hours traveling on the Nova Star Ferry, which was more akin to a cruise ship than a ferry, providing comfortable sleeping quarters, food, drink, live music, and an opportunity to renew old friendships and meet new acquaintances. After disembarking in Yarmouth on the morning of the 29th, small groups independently headed by automobile for Cape Sable Island 39 miles away for 24 miles of cycling before heading to Shelburne to our accommodations either at the historic Coopers Inn B&B built in 1786 or at a comfortable nearby motel to handle the overflow. With multiple cycling options available the next day some chose the 40 mile ride to Lockport and back with a nice lunch in Lockport, while others chose shorter rides on the Shelburne Peninsula. At the end of the day a lobster, salad and wine party was provided by the Lepies in the rock and flower garden area attached to the Inn. Nice food and good camaraderie enjoyed by all. Off to UNESCO recognized Lunenburg for a short ride to Mahone Bay as part of the three final days of cycling and sightseeing while staying at the very elegant Boscawan B&B. The Lepies provided a most enjoyable picnic of wine and munchies after multiple options for the day four rides. Day five once again had several ride choices available with most opting for the 31.4 Aspostogan Circle ride but a few, myself included, choosing the shorter but spectacularly beautiful Blue Rocks ride. With the five fun filled days of cycling and sightseeing over, it was time to bid adieu and head back home either directly by automobile or indirectly by the Nova Star Ferry and auto. Many thanks to Richard and Arlyne for providing, yet again, a wonderful adventure.



All Pictures from Brad Russell

Bob Ehrheart and Mike Dusing are shown in the picture below getting ready to commit Tom Barone's ashes to the Allegheny River from near a cycling trail. Tom wasn't one to rest so may his spirit bike and kayak in peace.



Picture from Brad Russell



#### 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 [powell.dennis.j@gmail.com](mailto: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](mailto: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



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**John Jansen**  
Director of Training

[jjansen@bertsbikes.com](mailto:jjansen@bertsbikes.com)

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Orchard Park, NY 14127  
Phone: 716-646-0028  
Fax: 716-646-3629

**Tonawanda:** 1550 Niagara Falls Blvd.  
Tonawanda, NY 14150  
Phone: 716-837-4882  
Fax: 716-837-1307

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

**Henrietta:** 100 Jay Scutti Blvd.  
Henrietta, NY 14623  
Phone: 585-424-2777  
Fax: 585-424-7492

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**716-835-0334**

685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223

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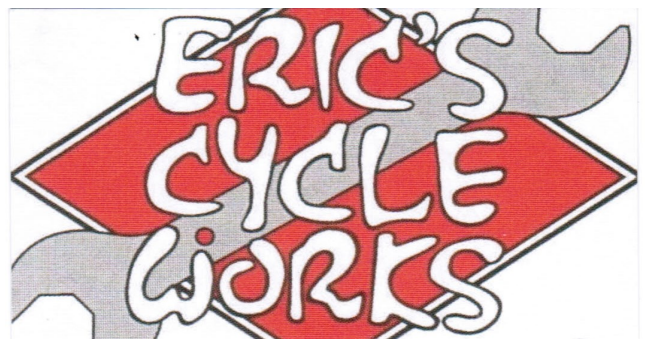
[tlonzi@tomsprobike.com](mailto:tlonzi@tomsprobike.com)

# Campus

wheelworks

Let the Ride Decide

744 ELMWOOD AVE. | 716-881-3613



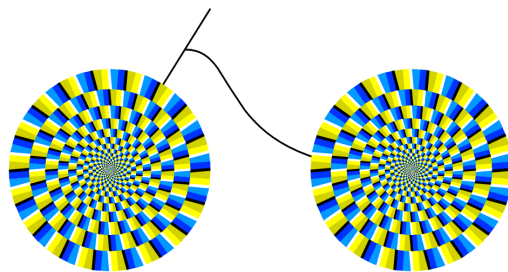
**Eric Barlow 716.649.8590**

<https://www.facebook.com/pages/Ericks-Cycle-Works/15583586117344?ref=hl>

## RIDE LEADER NEEDED FOR 2016

The NFBC is looking for a ride leader to lead rides out of the Buffalo Niagara Heritage Village Museum (formerly Amherst Museum) at Tonawanda Creek South and New Rds in Amherst. This is a Thursday evening ride that runs from April through September every week. Marty Viggato has been doing variations (different locations/days) of this ride for 7 years and will be stepping down. There are an established set of very nice routes for this ride start and the NFBC Ride Committee can assist with setting the ride leader up for ride leader duties. Note that having co-ride leaders for a ride can work well, so partner up with someone if you can't be at the ride start every week.

Contact Brenda Fischer (contact info at end of this newsletter) if you are interested.



### Niagara Frontier Bicycle Club

#### Board of Directors

##### President

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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 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 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
<i>Individual</i>	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00
<i>Family</i>	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
<b>TOTAL</b>	\$	\$
<i>Status</i>	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

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

NFBC Inc.  
 c/o Roy R. Tocha  
 11 N. Eaglecrest Dr.  
 Hamburg, NY 14075-1807

In order to receive the Newsletter link by email, you must belong to [nfbc@yahoo.com](mailto:nfbc@yahoo.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 2015

*NFBC—We ride every day*

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

MAILING ADDRESS

