

# NFBC NEWSLETTER

## Dates to Remember

Banquet

November 22nd



## NFBC 2019 BANQUET

Friday, November 22, 2019

Shea's Seneca, 2178 Seneca Street, Buffalo, NY 14210

Come celebrate our 50<sup>th</sup> Anniversary and the end of the 2019 NFBC biking season at Shea's Seneca, located at 2178 Seneca Street, Buffalo, NY 14210 on Friday, November 22, 2019. Cash bar will be available at 6PM and a buffet dinner will be served at 7PM.

Buffet Dinner includes:

- Classic Mixed Greens House Salad
- Mélange of Vegetables
- Pasta with Sundried Tomatoes
- Oven Roasted Red Potatoes
- Slow Cooked Pot Roast
- Chicken Marsala

Dessert Station of Cake, Cookies, Brownies, and Assorted Dessert Squares  
Coffee & Tea Service

(Gluten Free/Vegan/Vegetarian/Pescetarian option available – please note on reservation)



### Banquet Reservation Form

Please include full names of those attending and note special meal service required.

Name: \_\_\_\_\_  
 Gluten Free Entrée  Vegan Entrée  Vegetarian Entrée  Fish Entrée

Name: \_\_\_\_\_  
 Gluten Free Entrée  Vegan Entrée  Vegetarian Entrée  Fish Entrée

\_\_\_\_\_ (number of persons attending) @ \$35.00/person = \$\_\_\_\_\_

Please register and make payment by **Monday, November 11, 2019**.  
Mail check (payable to NFBC) and this reservation form to:

Jennifer Adolf  
32 Carter Street  
Lancaster, New York 14086



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## President's Message

The 2019 NFBC cycling season has come to an end, but keep your eyes on your email or Facebook for post season pickup rides. In case you missed our fall membership meeting, here are the highlights:

For the 2019 riding year, we changed the weekday morning ride start times in May and September from 10:00 AM to 9:00 AM. The Ride Leaders feel that most of the regular participants of those rides prefer the earlier start times. Please share your preference with your morning Ride Leaders, or with Liz Skelton directly, so the ride committee can make an informed decision to continue the earlier starts or to revert back to the previous 10:00 AM ride start times.

The sad news is that Michele Smith took a job near Dayton OH, so she had to relinquish her NFBC Membership Chair position. We are happy to accept Charles Grammer's offer to cover the second half of Michele's term. He will be learning the job from Michele and then working with Ron Penton to see if they can automate and streamline any of the behind the scenes tasks.

On this topic, I have a few comments to add. We start taking renewals and new memberships for the 2020 riding year on January 1. You can do that through the PayPal link on the website or print, fill out, and sign the form to mail in with your check. Both the payment and your signature are important! It creates extra work when we have to send a form to someone to fill in and return, while we hang onto the check, delaying the process of becoming an official member. We need either the paper copy or the digital signature indicating you have read and agree to the waiver of liability when becoming a member. Please provide payment and the form via paper or website link together when you renew your membership for next year.

We haven't raised dues in longer than any of us can remember! The board has decided that we need to increase the membership from \$20 to \$25 per year for a single membership, and from \$30 to \$40 for a family membership. The dues haven't increased since I became a member in 2002, but our costs continue to increase, even though we are doing our best to find ways to reduce spending.

Jen Adolf brought an award from the Ride for Roswell and presented to the Niagara Frontier Bicycle Club for being in the top 100 fundraising teams for 2019. If I recall correctly, we were #59. I think this is the first time we received this recognition. Another change for 2020 is that team captains for local charity rides will have sign in sheets for the NFBC members registered and riding on Team NFBC. We hope to build a stronger NFBC presence at these events by considering these rides as Club rides for mileage, encouraging participation on our team. We had a strong showing this year, so I think we can do even better next year. We will mention the qualifying charity rides in a future newsletter.

Cindy Adams told us about a Club trip she is coordinating for next year from June 26 through July 1, with the home base of Dover NH. We can sign up for the whole time or any part of it that fits into our schedules. This is a pretty area. One of my first Club trips was out of a neighboring town, and I remember riding by mansions along the ocean and some quiet, inland, rolling roads with quaint historical houses. We found a couple good ice cream stands too! Cindy is working with the local bike club there to create routes for different riding preferences.

I hope to see you at the banquet this year on November 22, as we round out our Club's 50<sup>th</sup> anniversary year, with a celebration in the newly renovated Shea's Seneca! It is a gorgeous place.



# 20th Annual Skulpture Park Bike & Hike



Pictures Courtesy of Joan Charleson

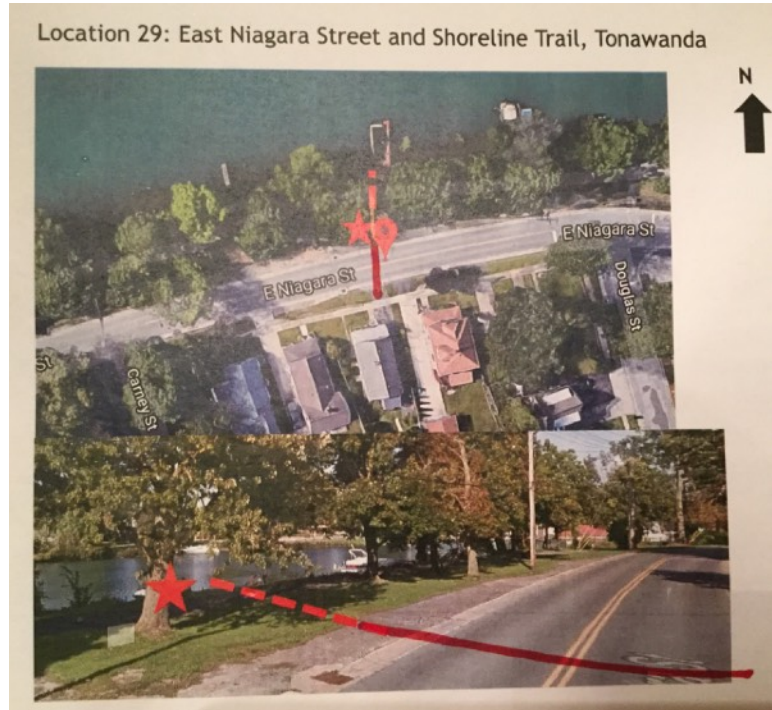




## *Why count cyclists and pedestrians?*

How many people ride bikes? Where do they ride? Does the number of cyclists change when bike lanes are added or when a new trail is opened?

The Buffalo-Niagara Region needs a baseline count of bicycle and pedestrian use of trails. GoBike Buffalo, working with the Niagara River Greenway Commission and other transportation partners, conducted bike counts in September, as part of a national effort to count bicyclists and pedestrians. The methodology was developed by Alta Planning and Design, which worked on the Buffalo bike master plan and is currently working on the regional master plan -- website is <http://bikepeddocumentation.org>. Locally, results will be used to help support additional bicycle infrastructure.



Forty-three volunteers agreed to help count. Personally, I counted cyclists and walkers for a 2-hour period on Tuesday, September 10. My assigned location was on the Shoreline Trail along East Niagara Street in Tonawanda. GoBike provided the count form and a photo of the location and the “screenline” - an invisible line that passed across the trail and the street. Before the count, volunteers received a short PowerPoint training conducted at the GoBike Community Workshop at 98 Colvin Ave. I took a chair, a pencil and good humor. During my 2-hour stint, when it was 81 degrees and overcast, I counted 57 cyclists and 6 pedestrians crossing my screenline. Forty-four cyclists were male and 13 were female. Remarkably, I saw no children - no one under the age of 16.

What does this all mean? How will the other counts look? Will GoBike be able to make this an annual event? Let’s see where this goes.

Joan Charleson



## ***NFBC Trash & Treasure Ride***

The weather finally cooperated and a large group of NFBC members enjoyed a fine day of riding and picking at the semi-annual Trash and Treasure ride at Chestnut Ridge. Each year in the spring and fall Club members pick up trash along Chestnut Ridge Road. Afterwards, there was a great picnic! Thanks to John and Judy Herman for organizing this event and to Pat Danaher and Sandy Bunn for the picnic.



### **Last Monday AM Ride of the Season.**

The nice weather continued into Monday and brought a sunny end to another great season of Monday morning rides. A great way to celebrate the waning of our 50th season.



**NFBC Officers**

**President**

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**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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

**Party Rules**

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

**Help Spread Sunshine**

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!





**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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME \_\_\_\_\_

STREET \_\_\_\_\_ Address Change?    Y    N

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY E-MAIL \_\_\_\_\_ Email Change?    Y    N

PRIMARY MEMBER NAME/GUARDIAN    SIGNATURE    DATE    MEMBER #    BIRTHDATE (if under 18)

PRINT SECOND MEMBER NAME    SIGNATURE    DATE    MEMBER #    BIRTHDATE (if under 18)

PRINT THIRD MEMBER NAME    SIGNATURE    DATE    MEMBER #    BIRTHDATE (if under 18)

PRINT FOURTH MEMBER NAME    SIGNATURE    DATE    MEMBER #    BIRTHDATE (if under 18)

MEMBERSHIP FEE:    Individual - \$25 \_\_\_\_\_    Renewing Member \_\_\_\_\_ or New Member \_\_\_\_\_  
Family - \$40 \_\_\_\_\_ (includes any 2 adults and their children under 18 living at the same address)

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:

NFBC Members    \_\_\_\_\_ NO    BIKE SHOPS    \_\_\_\_\_ NO

**Send check payable to NFBC along with signed application to: NFBC**  
**c/o Charles Grammer**  
**2801 George St.**  
**Eden , NY 14057**





# Support Your Local Bike Shop



tlonzi@tomsprobike.com

**Tom Lonzi**  
Owner

3687 Walden Avenue  
716.651.9995

9430 Transit Road  
716.688.2453

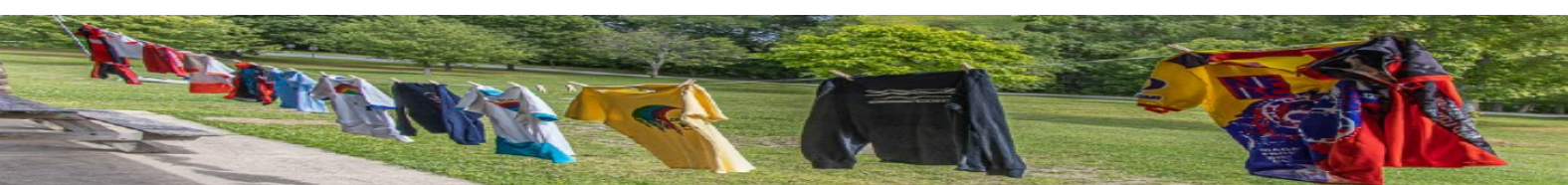


*Bicycles & Fitness  
Sales & Service*

**John Jansen**  
Director of Training

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## Niagara Frontier Bicycle Club

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