

# NFBC NEWSLETTER

Dates to Remember

## Banquet!

Friday

11-16-18.

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Info for new riders

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No Ride  
Schedules



## 2019 - 2021 NFBC Officers and Board Members

Front Row (L to R) : Michelle Bates, Secretary; Kathy Karnath, Treasurer; Liz Skelton, Vice President; Brenda Fischer, President. Back Row (L to R): Board Members; Jim Turner, Charles Grammer, Bradshaw Hovey, Jen Adolf, Cindy Adams.

The 2018 General Meeting took place on Friday, October 19. The biennial election was held, and the new officers and board members installed. There were several changes to the group: two new Board Members were added and several Officers are new to their positions, although all the Officers were either Board Members or Officers previously. Congratulations to all! We are looking forward to two successful years of bicycling and social activities.

Thank you to Robert Nowinski, our outgoing President, and Jack Rimlinger and Joe Pizzuto, both outgoing Board Members, for the outstanding service they have provided.

# NFBC Banquet @ Orchard Park Country Club



**Friday, November 16, 2018**

**Orchard Park Country Club**

**6 PM Cash Bar**

**7PM Dinner**

*New Venue*

*New Menu*

*New Entertainment*

*Free Parking*

Come celebrate this year's biking season at the Orchard Park Country Club, located at 4777 South Buffalo St, Orchard Park, NY 14127 on **FRIDAY, November 16, 2018**. 6PM Cash bar and a stations buffet dinner will be served at 7PM.

**Cost is only \$35.00 per person.** Please register as soon as possible!

## Banquet Reservation Form

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

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

Gluten Free

Vegan Entrée

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

Gluten Free

Vegan Entrée

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

*Please register and make payment by **Wednesday, November 7th***

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

Karen Ostrum  
6141 Marriet Ct  
East Amherst, NY 14051  
Questions 308-0628

# NFBC 2018 BANQUET

*Presents*

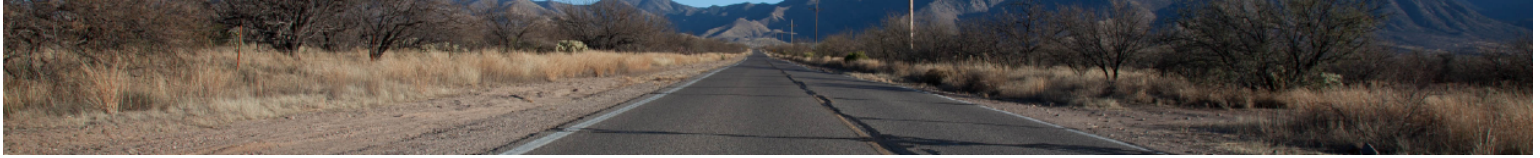
*Marc Sinodinos*



Marc Sinodinos is a comedian from Ontario, Canada who has been working all across North America. He killed at the “Just For Laughs” Comedy Festival in Montreal, and took first place at the Toronto Comedy Festival.

Marc’s comedy draws upon the absurdity of being a husband and father, and he points out the humor in situations that everyone can relate to. Every punchline is delivered with a twinkle in his eye and a devil-may-care smile on his lips. Marc currently resides in St. Catharines, Ontario, where he owns and operates the Showtime Comedy Club.





## Information For New Riders

**The NFBC welcomes new riders** and offers:

- a wide selection of organized rides
- for riders of varying skill and experience levels and at a range of speeds
- from starting locations in Erie County, Niagara County, and beyond.

**Check us out.** If you're interested, check the ride schedule on the website (<https://nfbc.com>) and come on out. If you enjoy yourself, fill out the application and pay your annual dues, also on line.

**Be on time.** Arrive at the ride start listed on the website 30 minutes before the ride is scheduled to start. You need time to introduce yourself and get your bike set up. We leave promptly at the listed start time and we won't wait for you.

**Sign in.** Find the ride leader and introduce yourself (they are the person handing out maps or cue sheets with turn-by-turn directions). They can give you advice about the length and difficulty of the ride, and any hazards or tricky turns to watch out for. They will ask you to sign an insurance liability waiver form, which we also use to tabulate how many club miles each rider rides each year.

**Take care of your bike.** Riding a bike is a joy, except when it breaks down. Pump up your tires. Oil your chain. Get a tune-up. Bring a spare inner tube and tools to change it. Someone may help you if you have a mechanical problem, but one of the chief rules of the club is take care of yourself.

**Set your own pace.** We don't necessarily ride in one group. Groups form and sometimes ride the whole ride together. But if you can't keep up, you will be dropped. There's no shame in it. Your ride is your own. The Club philosophy is to let everyone go at their own pace.

**We have lots of different rides.** With more than 300 rides from March to October from ride starts around the region, members have a lot to choose from: weekend and weekday morning and evening rides; long, short, and in-between rides; and hilly, rolling, or flat terrain.

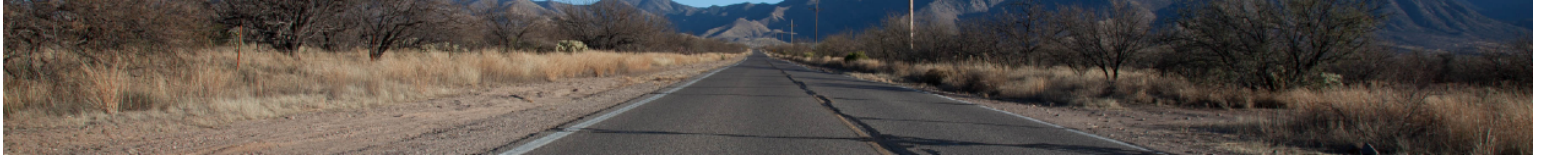
**We pick the best routes.** We know the roads and we've tested the routes. As much as possible, they're designed to avoid heavy traffic, difficult turns, and dangerous conditions. They're also drawn to include the best scenery, the smoothest roads, and the best hills, up and down.

**Check the website.** Click on "Schedule" to review upcoming rides. You can see the route, the elevation profile, and the distance. We rate the rides from "EZ" to "XXXD" depending on distance and terrain. But you can judge for yourself. Pick an easier ride to start and see how it goes.

**Toast your triumph.** Enjoy the camaraderie of the riders when you get to the finish. Bring a beverage of your choice to toast your fellow riders. Selected rides include a stop for breakfast or debrief over coffee. Some rides meet for dinner afterward and there are multiple picnic or party rides throughout the summer.

**Be safe.** Rule number one is "keep the rubber side down." When riding in a group, signal all turns, and call out potholes and other road hazards, approaching vehicles, and roadside pedestrians or runners. When passing another rider, call out "on your left." Don't pass on the right. More tips on safe riding can be found [here](#).

**Questions?** Write to [webmaster@nfbc.com](mailto:webmaster@nfbc.com) and we will try to answer.



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We Ride Every Day

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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 Robert Nowinski. Club President. NFBC cares about its people!

**NIAGARA FRONTIER BICYCLE CLUB****Board of Directors****President**

Robert Nowinski (490-0752)  
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Buffalo, NY 14210  
[president@nfbc.com](mailto:president@nfbc.com)

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**Bicycling Advocate**

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Amherst, NY 14226  
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We Ride Every Day

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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 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 RESPONSIBILITIES OF A RIDER (see NFBC website).

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ Address Change?      Y      N

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

PRIMARY EMAIL \_\_\_\_\_ Email Change ?      Y      N

SECONDARY EMAIL \_\_\_\_\_ Email Change ?      Y      N

PRIMARY MEMBER/GUARDIAN      SIGNATURE      DATE      BIRTHDATE if under 18      MEMBER # \_\_\_\_\_

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

MEMBERSHIP FEE:    Individual - \$20 \_\_\_\_\_      Renewing \_\_\_\_\_ OR    New \_\_\_\_\_

Family - \$30 \_\_\_\_\_





SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



**Tom Lonzi**  
Owner  
3687 Walden Avenue  
716.651.9995  
tlonzi@tomsprobike.com  
9430 Transit Road  
716.688.2453



**Bert's**  
Bikes & Fitness  
Bertsbikes.com  
Bicycles & Fitness  
Sales & Service  
**John Jansen**  
Director of Training  
jjansen@bertsbikes.com

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Fax: 716-646-3629

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Phone: 716-637-4882  
Fax: 716-637-1307

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**SALES & SERVICE**

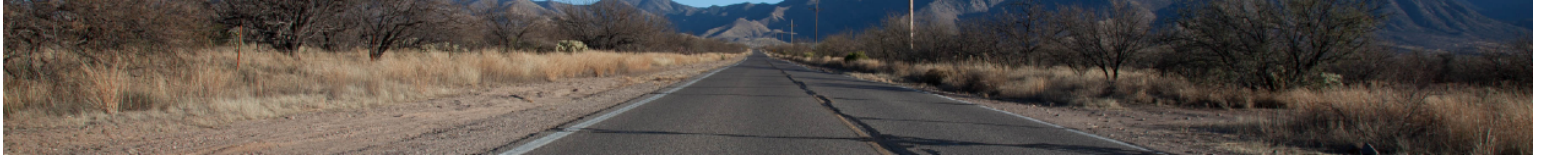


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Michael & Heather Trost



## Niagara Frontier Bicycle Club

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Type to enter text

Oktoberfest Party Ride

Thank you Kathy & Jim Karnath!



Photos courtesy of Kate Leary.

