

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

October, 2010

Celebrating 40 years of club riding

Volume 41, Issue 8

Dates to Remember

- Oct. 3, Welland Canal Ride
- Oct. 10, Trash & Treasure
- **Oct. 14, NFBC Annual Fall Meeting**
- Oct. 17, Griffis Sculpture Park Hike and Ride
- Nov. 19, NFBC Banquet

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NFBC Annual Fall Meeting: Thurs. Oct. 14

The NFBC Annual Fall General Meeting will be held at 7 PM on Thursday, October 14 at a new location: the Harris Hill Volunteer Fire Hall, located at 8630 Main Street. To reach it, go east on Main St. past Transit Road, and the Fire Hall is just past Harris Hill Rd. Refreshments will be provided.

The election will be held at this meeting. The two-year term of all four NFBC officers and five members of the Board of Directors terminates at the end of 2010. The Nominating Committee (Ian Currie, chair, Cindy Adams and Pat Danaher) will present the following slate for election: President--Linc Blaisdell; Vice President--Dennis Powell; Secretary--Liz Williams; Treasurer--Kathy Karnath; Board of Directors--Jane Armbruster, Ian Currie, Brenda Fischer, Frank Soltiz, Cindy Stachowski.



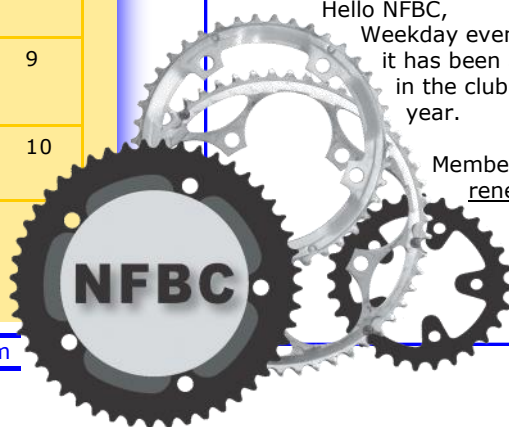
Roy's Membership Update

Hello NFBC,
Weekday evening rides are coming to an end, Fall is coming, it has been a good year for NFBC cycling. There are 432 members in the club in 336 households. There are 91 new members this year.

Memberships expire February 28, 2011. Please do **not** send in renewals for 2011 until January of next year.

There will still be some good days for riding before the snow flies. Check out our schedule and get out there.

Thanks, Roy





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

OCTOBER 2010 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Ride Leader
Sat, Oct 2	10:00 AM	719	Creek Road Canter	33	M-D	1480	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Liz Williams 759-8353
Sat, Oct 2	10:00 AM	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	John Kozinski 675-6197
Sun, Oct 3	10:00 AM	912	Welland Canal PASSPORTS REQUIRED!!	62	Easy	0	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie 601-7390
Sun, Oct 3	10:00 AM	288	To Hill and Back	51/38	XD/Diff	3020/1800	Hamlin Park (south parking lot), S Grove St	Tim Cleary 807-7174
Sat, Oct 9	11:00 AM	732	Becker Farms Pumpkin Fest	37/32	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Mike Dupre 741-9290
Sat, Oct 9	11:00 AM	239	Octoberfest Ride	48/25	XXD	4200	Rt. 219 Exp. to end. L on Rt. 39 into Springville. R on Buffalo Rd. to parking lot on Left	Tim Cleary 807-7174
Sun, Oct 10	11:00 AM	273	Trash & Treasure Ride	33/24	MD/Easy	1400/700	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Linc Blaisdell 479-9431
Mon, Oct 11 HOLIDAY	11:00 AM	746	Ebenezer Scootch	44/33	MD/Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Mike Maher 627-3521
Sat, Oct 16	11:00 AM	347	Sanborn Scramble	30	Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd, Amherst	Bruce Jansen 677-4725
Sat, Oct 16	11:00 AM	370	Pat's New Ride	43/28	Diff/MD	1800/1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Terry Griswold 627-1307
Sun, Oct 17	11:00 AM	312	Bubaloos (old Billy Bob's)	31	Easy		Clarence Middle School, Greiner at Strickler, Clarence	Karen Sprada 684-9039
Sun, Oct 17	11:00 AM	287	Sculpture Park Bike & Hike	31/21	Mod/Easy	1200/700	Griffis Sculpture Park, RT 219 to Ashford Hollow, R on Ahrens, L at Y, R on Mill Valley (CR 75), to lower lot on R	Pat Danaher 310-8136
Sat, Oct 23	11:00 AM	731	Brown's Berry Patch	40	Mod	710	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Liz Williams 759-8353
Sat, Oct 23	11:00 AM	254	Loose Goose	45/35	XXD/MD	3200	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Pat Danaher 310-8136
Sun, Oct 24	11:00 AM	705	Indian Falls Log Cabin	40/33	Easy	0	Russel Town Park, Clinton & Main St., Akron	Betsy Dexheimer 585 343-5172
Sun, Oct 24	11:00 AM	331	Minnow Hill	36	Diff	2600	Hamlin Park (south parking lot), S Grove St., East Aurora	Ron Wakefield 877-2140

Sat, Oct 30	11:00 AM	738	Lockport - Rapids	33	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd., Amherst	Tom Barone 418-9132
Sat, Oct 30	11:00 AM	383	The Nth Degree	31/21	X-D/M-D	2000/1200	Hamlin Park, (south parking lot) of S Grove St., East Aurora	Loren Tretyakov 667-7529
Sun, Oct 31	12:00 PM	714	Elma Meadows	34/27	Mod/Easy	725/635	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Linc Blaisdell 479-9431

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XDX = Extra Extra Difficult

DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	John Perry, 834-0938
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Matt Luly, 648-8988
	PM	St. Mary's Church at Transit & Stahley Rd., Swornsville (Clarence)	Marty Payne, 997-9324
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Dennis Powell, 691-6233
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Frank Soltiz, 937-6924
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Dave Klock, 681-5345
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Jim Mathews, 433-5317
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Ed Peters, 685-1965
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Lori Harf, 601-7535
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Tom Williams (& team) 688-2981
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	John Herman, 675-1944
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Marion Reslow, 833-3615
			Ian Currie, 601-7390

DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct. 9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept. 6:30 from May through Aug.

Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.



OCTOBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in <i>italics</i>.						
3 Welland Canal To Hill & Back	4 <i>N.Tonawanda 10AM</i>	5 <i>Tonawanda 10AM</i>	6 <i>Orchard Park 10AM</i>	7 <i>Lancaster 10AM</i>	1 <i>Clarence 10AM</i>	2 <i>Amherst 9AM</i> Creel Rd Camter Alden to N. Java
10 <i>Buffalo 9AM</i> Trash & Treasure	11 <i>N.Tonawanda 10AM</i> Ebenezer Scootch	12 <i>Tonawanda 10AM</i>	13 <i>Orchard Park 10AM</i>	14 <i>Lancaster 10AM</i>	8 <i>Clarence 10AM</i>	9 <i>Amherst 9AM</i> Becker Farms Octoberfest ride
17 <i>Buffalo 9AM</i> Bubaloo's Sculpture Park	18 <i>N.Tonawanda 10AM</i>	19 <i>Tonawanda 10AM</i>	20 <i>Orchard Park 10AM</i>	21 <i>Lancaster 10AM</i>	15 <i>Clarence 10AM</i>	16 <i>Amherst 9AM</i> Sanborn Scramble Pat's New Ride
24 <i>Buffalo 9AM</i> Indian Falls Log Cabin Minnow Hill	25 <i>N.Tonawanda 10AM</i>	26 <i>Tonawanda 10AM</i>	27 <i>Orchard Park 10AM</i>	28 <i>Lancaster 10AM</i>	22 <i>Clarence 10AM</i>	23 <i>Amherst 9AM</i> Brown's Berry Patch Loose Goose
31 <i>Buffalo 9AM</i> Elma Meadows					29 <i>Clarence 10AM</i>	30 <i>Amherst 9AM</i> Lockport-Rapids The Nth degree

Niagara Frontier Bicycle Club

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Going the extra mile for bicycling safety

In order to put together yet another safety article, I asked several NFBC members to contribute their ideas about things they do "beyond the ordinary" to stay safe on their bikes. Running your lights on daytime rides is a great example, not required by law, but effective! The article "How not to get hit by cars" by Michael Bluejay (<http://bicyclesafe.com/>) suggests avoiding specific traffic situations that are likely to lead to bicycle-motor vehicle collisions. Bluejay advocates lights, mirrors, and horns, but also some non-standard ways to avoid accidents. It's worth reading. The Editor

Brad Chase--I recently bought a "Road ID" wrist band. In case I'm in an accident, the engraved tag has names of people to contact, my health insurance company and their phone number, and my own information, including allergies. If you ride alone a lot, this kind of identification is important. The Road ID web site (<http://www.roadid.com>) has other options too, like ankle bands and shoe straps.

Mike During--Before a ride starts, I try to get there early and ride around a little to make sure everything on my bike is working well. It's good to know that my body is working, too! I check things like brakes, tires, and wheels; it takes only a few minutes but could prevent an accident or mechanical breakdown during the ride. I also put my "ICE" (in case of emergency) information on a card that I had laminated. I carry it with me whenever I ride.

Tom Barone--Many of you have been on bike rides with me and have taken notice of my rear red blinking tail light. While there have been many favorable comments (and some not so favorable) everyone notices it. The tail-light I use is both very light and VERY BRIGHT. There is just no better way to make yourself as noticeable as possible even in the bright sun light. The light is by DiNotte (<http://www.dinottelighting.com/index.html>).

Ron Spohn--Here's a near miss I had about two months ago. It illustrates the benefit of a front, low power blinking white light. Or better said, it illustrates what can happen when you don't have it on. This is especially important as the days grow shorter and we are out into dusk more often. Dusk is the most dangerous time to ride. Drivers are tired, the sun is setting or has just set and the light is becoming grey. Front and rear blinking lights can be life savers. See the following near miss I had in July when I did not have my front blinking white light on.

The single rider was traveling NE along Tonawanda Creek Rd (TCR) in Amherst at about 1:30 p.m. on a glorious Saturday in July. It was well lit and the road was dry and the rider was festooned in bright cycling attire. As the rider (not my real name) approached the Y where Bear Ridge Rd begins and TCR bears the right, he heard a car approaching from behind. Up ahead, a car was waiting to turn left. I signaled with my left hand in an attempt to indicate I was traveling straight and not turning right. Although I was wearing a helmet mounted mirror, I forgot to take a look as I was concentrating on the car in front of me. I was using a red blinking light on the back of his helmet, but because of a cue sheet mounted on his shifter cables in front of my handlebars, I had not turned on the blinking white light on the front. As I entered the Y intersection the approaching car from the rear turned right, just behind me. At that point the waiting car turned left in front of me and I had to veer to the right to avoid being hit. Apparently, the waiting driver never saw me.

Since I began using a single blinking white LED on the front (a Knog light) about 2 years ago, I have noticed much better, but not 100%, driver recognition than when I don't have it on. For those of us who ride alone, it is a great help. It weighs almost nothing and the 2032 battery lasts a good 3 months, especially if you remember to turn it off at the end of a ride. There have been some good comments about the benefits of rear blinking red lights (I prefer a low power one which does not distract riders behind you), so I hope this description of the benefits of a front blinking, low power LED will be of use.

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.

Special Event: Welland Canal Ride— Ian Currie



Directions: The Ride start is the Hatch (Erie Basin Marina)—same place as the Sunday Morning Ride start

The Ride: The ride is flat and 90% of it is on bicycle paths. The mileage is 65 Miles. There is an alternate return route where 50% of the ride is on back roads. The ride is scheduled to coincide with the Niagara Food Festival in downtown Welland, Ontario (Oct. 1-3), providing a great lunch stop.

Passports are required!

**Sunday
October 3**

**Sunday
October 10**

Trash & Treasure—Linc Blaisdell

The Ride: The ride starts at 10AM. To get to the ride start, take 219 south to the Armor Duells exit; right onto Armor Duells, right onto 277 South; right into ramp for Chestnut Ridge Casino Lot. It is a dual mileage ride: 24 mi. (easy), 700 ft. elevation, and 33 mi. (moderate), 1400 ft. elevation.

The Clean-up: NFBC maintains a 2 mi section on route 277 in Orchard Park, ex-

tending from Powers Rd. south to a location 1/4 mi south of Gartman Rd. Clean-up starts around 11:30 to 12 noon. You must wear your helmet! Work in pairs, facing traffic, and be sure you are briefed on safety by John before starting.

The Party: The party is on picnic tables across from the Casino, near the tennis courts. Linc will supply pizza, beer, water and soda. Just bring your smiles!



Special Event: Griffis Sculpture Park Hike & Ride—Pat Danaher



Griffis Sculpture Park is a true WNY treasure that is best visited in the fall. There are miles of forested trails complete with artwork. Come on out if you have never been here, even if you don't want to do the ride.

Directions to ride start: RT 219 to Ashford Hollow, R on Ahrens, L at Y (top of hill), R on Mill Valley (CR 75), to lower lot on R

The Rides: 31/21 mile options that are relatively flat through the fall foliage of Otto Valley.

The Party: Bring your favorite libation, a chair, and hiking boots or sneakers. We will have Veggie chili and Ron's FAMOUS cornbread after the ride and before the hike. If you want to come for the chili and hike, show up around 12.

**Sunday
October 17**

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 Williams
4614 Hampstead Dr
Clarence, NY 14031

Another Great NFBC Weekend: Picnic + 40th Anniversary

40th Anniversary activities began Friday night (8/27/10) with drinks and finger foods at Jack Ryan's. About 50 people enjoyed the chance to reconnect with old friends.

The Annual Club Picnic on Saturday (8/28/10) was a great success, thanks to organizers Karen and Gary Ostrum. More than 125 club members attended this year, with perhaps 30-40 people there because of the 40th Anniversary weekend. A variety of rides, delicious food, perfect weather, and lots of volunteers helped make it a wonderful day for all.

The 40th Anniversary weekend activities continued on Sunday (8/29/10), when 30 people gathered for a beautiful luncheon under the trees in Marion Reslow's back yard. Afterwards, the group was treated to a private tour of the Frank Lloyd Wright Darwin Martin House Complex. Special thanks to 40th Anniversary organizers Jean Frederick, Nancy and Roger Haberly, and Jim Vozga, and many more volunteers who helped make it happen.



Clockwise from top: 1. At Jack Ryan's on Friday night, 2. Picnic crowd on Saturday, 3. The start of one of the Saturday rides, 4. NFBC Presidents gathered at the picnic, 5. At the Sunday luncheon, 6. Waiting for the start of the Frank Lloyd Wright complex tour. Photos by Alan and Jean Frederick.

Thank you

CAN AM Volunteers

"What a wonderful club we belong to. I've never seen so many members pull together to make a big event such a great success!" said Cindy Adams, after the completion of the 8/22/10 Can Am Invitational. The Can Am was successful because of the tireless efforts of NFBC member volunteers. Planning for the 2010 Can Am began a year ago, with a discussion of the 2009 rides, and securing a date for 2010 at the Fontana Boat House. Linc Blaisdell chaired the Can Am organizing committee; he called meetings, made contacts, and kept the ball rolling. Rebecca Ribis served as an unofficial co-chair, taking minutes of the meetings, and helping out with several major tasks. The committee worked well together, sharing insights and work.

Rebecca and Brenda Fischer were in charge of the route and route markings (rumor has it that Brenda put over 200 miles on her car driving and re-driving the route with Rebecca, looking for ways to get around construction and checking to make sure roads were safe and bikeable!).

Rebecca was responsible for the Saturday "architectural tour" ride. She was helped by Dick and Kathy Swank, Sue Stemerman, Roy Tocha, Janice Powell, Karen Ostrum, and John McGuire and Mike Fischer. Doreen Lynd and Gwen Macool staffed the rest stop.

Bob Mahaney was in charge of the Saturday night cocktail party at the Fontana Boat house. He arranged for the wine bar provided by Chateau Buffalo on Hertel Ave. (wine served by Carl) and special pricing for Rusty Chain Beer from Flying Bison Brewery on Ontario Street. Other folks helped during the evening. Bob also secured donations for the Sunday rides from Bakemark on Walden Ave. and Maple Leaf Foods in Cheektowaga.

Liz Williams coordinated breakfast before, and lunch after the Sunday rides. She secured donations from Pepsi, Dunkin Donuts, Lays Potato chips, and Wegmans, and arranged for Wegmans to cater the lunch. Her team, Valerie Aronson, Jane Armbruster, Pam Walker, Joan and Mike Maher, Michelle and Chris Smith, picked up supplies and donations, set up tables, and managed food and beverage distribution for the riders. More people joined in to help the day of the Can Am, including Betsy Dexheimer and Doreen Lynd.

Ian Currie was responsible for the vehicle support people. He conscripted Tom's Pro Bikes (Tom

Lonzi), Ricks Cycle Shop (John Clauss), Bert's Bikes (Jim Costello) and Betsy Dexheimer to drive sag vehicles.

Dennis Powell was the Can Am webmaster and was in charge of Registration. He was helped by Janice Powell, Terry Turski, and Tris Orzech.

Gwen Macool was the rest stop coordinator. She purchased and delivered food and supplies, worked on donations, and found volunteers to work at each rest stop. Linc, Rebecca, and Kathy Karnath helped her during the planning stages. The Canadian rest stop at the Willoughby Museum was stocked, staffed, and decorated (with bicycle wheels!) by Mary Alice Tocke with Joe Tocke and Kathy and Dick Swank. Karen Sprada, Jean Frederick, Marion Reslow and Gay O'Keefe ran the Wilson Tuscarora State Park rest stop. Jim Karnath, and Joe and Marty of The Buffalo Triathlon Club staffed the Whirlpool State Park rest stop. Sue and Bob Alessi and Brigitte Bachman ran the Veteran's Park rest stop, with help from Bert of Bert's Bikes, who also supplied food and drink for that rest stop.

Joe Pizzutto was responsible for clean-up of bike paths on the American side; he was assisted by Cindy Adams and Bob Mahaney. The NYS DOT helped out by cleaning the section of the Robert Moses included on the route. Cindy Adams was in charge of site clean-up at the Fontana boat house, with lots of help.

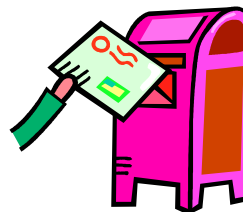
Darrel Skelton coordinated with the Fontana boat house staff. He was responsible for parking cars and keeping lanes open for the food to come in; Roy Tocha helped. Darrel also coordinated any calls for help from riders.

Mike Fischer designed the tee shirts and posters, and helped Dennis with the web site.

Maureen Balling was in charge of publicity, including contacting the 2009 participants and many others. She also distributed tri-fold fliers advertising the Can Am. Colin Fritz worked on a Can Am jersey. Wow! That's a lot of people doing a lot for NFBC, and I've probably missed some, too.

On behalf of the two hundred and twenty riders who registered for this year's Can Am Invitational and all of NFBC, to the dedicated and talented volunteers who made it all happen, **thank you, and congratulations** on a job so well done!

Letters to the Editor



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

We are a bicycle *riding* club, not a service, support, or bicycle safety advocates' club. We measure club participation by miles ridden, not just in one season, but over years, even decades of membership. The object of our sign-in sheet is to waive club liability. If members don't want their mileage recorded, they can opt out of that, but they still have to sign the sheet. The chance of members keeping track of their own mileage records is zero.

We don't need to give out mileage certificates at the banquet, but we should continue to record the names and mileage in the Newsletter. I think three awards are needed, the over-all high mileage rider, the high mileage female, and the high mileage male. Long-term mileage achievements should be honored too. If we don't do this much, what is the sense of belonging to a riding club? All clubs and life in general have some form of competition.

The club has rules for ride mileage which the board and officers worked on and approved. Enforcement is left to the person in charge of the rides or club

trip. My feeling is that if you do not want to do the ride as planned, don't expect to get credit for it. Charity rides aren't club functions.

Keeping track of mileage doesn't prevent us from doing any of the things listed in the "payoff" section of the "Modest Proposal". All you need are people who want to take part in the activities. Keep in mind the club has a problem getting members to be officers or chair-people for various events. Maybe a new board position called the "volunteer coordinator" with the job of seeking people out to do the work would help.

Bicycle safety has been a concern as long as the club has been in existence. Safety materials presented in the Newsletter and by word of mouth are sometimes ignored, but I doubt that would change if we forgot about mileage. Also, we could do more now to honor service to the club. For example, every ride leader (morning, evening, and weekend) is performing an outstanding service to the club. Honor them all, not just one. Honoring service to the club isn't a substitute for recognizing mileage achievements

Bob Alessi



Dear folks,

After many years of absence from the NFBC activities, I reconnected with good, long lasting friends and many new members at the 40th Reunion. Thank you to all who worked so hard to make the events so wonderful.

Because of my duties at the B&B in Lockport, I do not often have summer week-ends free. However, it was well worth making the arrangements to be free for the Saturday rides and picnic.

The 13 mile ride was a hilly wake-up call for me. Not enough hill riding. The hills were not steep, just many of them.

To many of my old friends who did not know, Raleigh died in Sept. 2005 after a struggle with COPD, heart and kidney failure.

I've bookmarked the [Newsletter](#) so I can keep informed of activities and possibly participate when my schedule allows.

Thank you all for the warm welcome at Elma Meadows. Let's all keep healthy, happy and party on.

Suzanne Toomey Spinks

suzanne550@juno.com

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
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<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 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:

1. 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.
2. All riders must wear a Snell or ANSI approved bicycle helmet.
3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).
4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.
5. 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.
6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.
7. Riders make certain there is adequate safe space between themselves and the rider in front.
8. 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.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



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