

NFBC NEWSLETTER

Dates to Remember

- No evening rides in October
- Oct 9, Trash & Treasure
- Oct. 21, NFBC Fall General Meeting
- Nov. 18, NFBC Banquet

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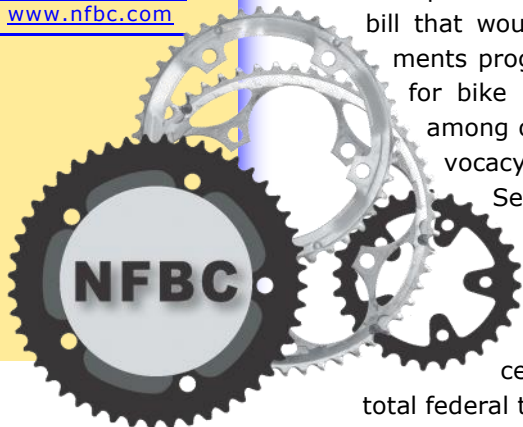
NFBC Annual Fall Meeting: Fri. Oct. 21

The club will hold its Annual Fall General Meeting at the Harris Hill Volunteer Fire Hall (8630 Main St. in Clarence) on Friday, Oct. 21 at 7 PM. Each year the club holds two general membership meetings, in the fall and spring. This fall the meeting provides the opportunity to review major club events of this season and to begin planning for next season. Possible topics include: CanAm, Picnic, NFBC Jerseys, the role of ride leaders, ride cancellation procedures, club trips, and the club banquet on Nov. 18. Refreshments will be provided!



Bicycling-related funding to be continued to 2012

In mid-September, Senator Tom Coburn (R-OK) was forced to withdraw his bill that would have eliminated the federal Transportation Enhancements program – the [primary funding source](#) for the past 20 years for bike lanes, trails, bike racks on buses, and bike education, among other things. peopleforbikes.org, (and other bicycling advocacy groups) mobilized cyclists to email and phone their Senators. As a result, funding for all federal transportation programs has now been extended to March 31, 2012. The key, cost-effective programs that make bicycling safer and easier -- Transportation Enhancements, Safe Routes to School, and Recreational Trails -- will continue to receive modest, dedicated support -- about 1.5 percent of the total federal transportation investment. (From peopleforbikes.org)





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

October 2011

WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff	Elevation	Start Location	Ride Leader
Sat, Oct 01	10:00 AM	719	Creek Road Center	33/21	M-D/ Easy	1480	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Liz Skelton 400-6091
Sat, Oct 01	10:00 AM	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	Frank Soltiz 937-6924
Sun, Oct 02	10:00 AM	912	Welland Canal PASSPORTS REQUIRED!	0	0	0	Hatch	Ian Currie 601-7390
Sun, Oct 02	10:00 AM	227	Boston Baked Buns	57	XXX	3500	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
Sun, Oct 02	10:00 AM	259	Half-Baked Buns	34	MD	1540	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
Sat, Oct 08	11:00 AM	732	Becker Farms Pumpkin Fest	37	Easy	0	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Jane Armbruster 688-3943
Sat, Oct 08	11:00 AM	239	Octoberfest Ride	48	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 09	11:00 AM	364	Fall Trash & Treasure	28/24	Diff/ Easy	1800/600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Mon, Oct 10	11:00 AM	746	Ebenezer Scootch	44/33	MD/ Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Tim Cleary 807-7174
Sat, Oct 15	11:00 AM	347	Sanborn Scramble	30	Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Barry Sternberg 860-0011
Sat, Oct 15	11:00 AM	384	Two Bottles and a Bush NEW RIDE	42/23	Diff/ Mod	2000/ 1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bob Puleo 649-3427
Sun, Oct 16	11:00 AM	385	Kathy's Kaper	38/30	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Greg Heim 692-8911
Sun, Oct 16	11:00 AM	287	Skulpture Park Bike & Hike	31/21	Mod / Easy	1200/700	Griffis Skulpture 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 22	11:00 AM	731	Brown's Berry Patch	40	Mod	710	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Tim Cleary 807-7174
Sat, Oct 22	11:00 AM	130	West Falls-Backcreek	37/33	MD	1800/ 1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd., (Rt's 277 & 20A) Orchard Park	Cindy Stachowski 627-4487
Sun, Oct 23	11:00 AM	705	Indian Falls Log Cabin	40/33	Easy	0	Russel Town Park, Clinton & Main St., Akron	Arlyne Lepie 741-2762
Sun, Oct 23	11:00 AM	331	Minnow Hill	36	Diff	2600	Hamlin Park (south parking lot), S Grove St, E. Aurora	Ron Wakefield 877-2140
Sat, Oct 29	11:00 AM	758	Old Greenwalls	33	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Terry Turski 688-8904
Sat, Oct 29	11:00 AM	383	The Nth Degree	31/22	XD/MD	2000/1200	Hamlin Park (south parking lot), S Grove St, E. Aurora	Pat Danaher 310-8136
Sun, Oct 30	11:00 AM	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	Tim Cleary 807-7174

Difficulty Key: Easy = Easy Mod = Moderate MD = Moderately Difficult Diff = Difficult XD = Extra Difficult XXD = 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., Pendleton	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	Lot behind <i>Pet Supplies Plus</i> on Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne, 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Peg Walker (741-4616), Gerry Russell and Jane Armbruster
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Sue Williams, 688-2981
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

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

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.

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

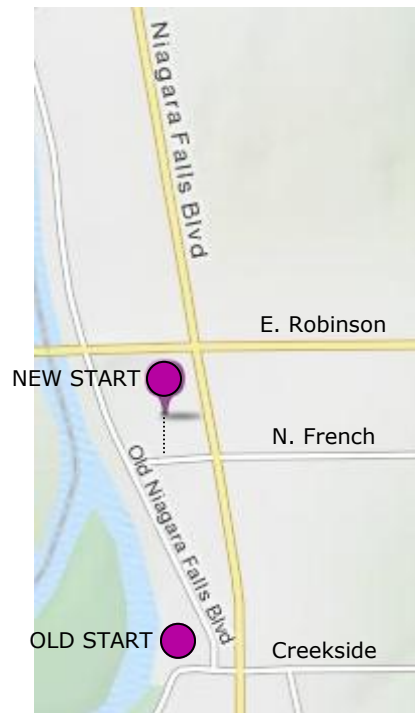
Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Notify Sue Williams (688-2981), Chairperson of the Sunshine Committee. NFBC cares about its people.

OCTOBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The regular day-of-the-week rides are indicated in italics.</p>						<p>1 <i>Amherst 9 AM</i> Creek Rd. Canter Alden Ctr. to N.Java</p>
<p>2 <i>Buffalo 9 AM</i> Welland Canal Boston Baked Buns</p>	<p>3 <i>Pendleton 10 AM</i></p>	<p>4 <i>Tonawanda 10 AM</i></p>	<p>5 <i>Orchard Park 10 AM</i></p>	<p>6 <i>Lancaster 10 AM</i></p>	<p>7 <i>Clarence 10 AM</i></p>	<p>8 <i>Amherst 9 AM</i> Becker Farms Octoberfest Ride</p>
<p>9 <i>Buffalo 9 AM</i> Trash & Treasure</p>	<p>10 <i>Pendleton 10 AM</i> Ebenezer Scootch</p>	<p>11 <i>Tonawanda 10 AM</i></p>	<p>12 <i>Orchard Park 10 AM</i></p>	<p>13 <i>Lancaster 10 AM</i></p>	<p>14 <i>Clarence 10 AM</i></p>	<p>15 <i>Amherst 9 AM</i> Sanborn Scramble 2 Bottles & a Bush</p>
<p>16 <i>Buffalo 9 AM</i> Kathy's Kaper Skulpture Park Bike & Hike</p>	<p>17 <i>Pendleton 10 AM</i></p>	<p>18 <i>Tonawanda 10 AM</i></p>	<p>19 <i>Orchard Park 10 AM</i></p>	<p>20 <i>Lancaster 10 AM</i></p>	<p>21 <i>Clarence 10 AM</i></p>	<p>22 <i>Amherst 9 AM</i> Brown's Berry Patch W.Falls Backcreek</p>
<p>23 <i>Buffalo 9 AM</i> Indian Falls Log Cabin Minnow Hill</p>	<p>24 <i>Pendleton 10 AM</i></p>	<p>25 <i>Tonawanda 10 AM</i></p>	<p>26 <i>Orchard Park 10 AM</i></p>	<p>27 <i>Lancaster 10 AM</i></p>	<p>28 <i>Clarence 10 AM</i></p>	<p>29 <i>Amherst 9 AM</i> Old Greenwalls The Nth degree</p>
<p>30 <i>Buffalo 9 AM</i> Elma Meadows</p>	<p>31 <i>Pendleton 10 AM</i></p>					

Important Notice for Tuesday AM Riders:

The Start for the Tuesday Morning Ride has been temporarily moved just 0.2 mi. from Ellicott Island Park to the parking lot *behind* Pet Supplies Plus/Walgreens on Niagara Falls Blvd near E. Robinson. The best driving route: from the south, take Old Niagara Falls Blvd. past the current start; turn right on N. French Rd, and then a quick left into the driveway and then a little further to the parking lot; from the north, turn on Ton. Creek/Old Niagara Falls Blvd, go past E. Robinson, left on N. French, then a quick left into the driveway and then a little further to the parking lot.



Upcoming October Rides of Special Interest

October is the month for special rides that take advantage of our area's natural beauty and the region's farms' bounty. The Welland Canal Ride on **Sunday, October 2** can include a lunch stop at the [Niagara Food Festival](#), which celebrates local produce, and offers a variety of food to please anyone's palate.

On **Saturday, October 8** choose between Becker Farms in the north and Octoberfest in the south. Enjoy a ride along beautiful country roads to [Becker Farms/Vizcarra Vineyards](#), a family-owned fruit and vegetable farm. Stay for lunch or a quick donut, or simply enjoy the sights and sounds of one of the area's best agri-tourism destinations. The Octoberfest Ride in the south coincides with a Fall Festival celebration in Ellicottville; the 'rest stop' is usually at Ellicottville Brewing Co and includes the optional partaking of liquid refreshments at said establishment for fortification for the return!

Don't miss the fall "Trash and Treasure" on **Sunday, October 9**. The rides are good, but what follows them is great! NFBC has maintained a two mile section of route 277 in Orchard Park for 19 years, as part of the national adopt-a-highway program. After the ride, John Herman will lead us



in a quick road clean-up (about 30 minutes), followed by a pizza party in nearby Chestnut Ridge Park. Combine all of your favorites in one great experience: cycling, environmental responsibility, and partying. Not to be missed!

One of Western New York's jewels is the [Griffis Sculpture Park](#), a 400-acre nature preserve with open meadows, ponds, ravines, 10 miles of hiking trails and 225 monumental sculptures from local, national, and international artists. Timed to coincide with peak fall foliage, the Sculpture Park Bike and Hike, on **Sunday, October 16** gives you a chance to enjoy the hiking trails and sights after a ride and lunch.



[The Brown's Berry \(or Pumpkin\) Patch](#) Ride on **Saturday, October 22** is similar to Becker Farms: a beautiful autumn ride to a rest stop with lunch or snack and lots to see and enjoy.

The last weekend ride of the season, Elma Meadows, is on **Sunday, October 30**, leaving from Como Lake Park. If the weather is good, tailgating is likely.



September weekend rides offered some unique after-ride activities. On Saturday, September 10, some of the "Around Grand Island" riders stopped to enjoy the 34th Antique and Race Boat Show at the Buffalo Launch Club (left). Wine tasting and snacks at the Freedom Run Winery followed the September 18 ride (right).

Special Event: Welland Canal Ride/ Niagara Food Festival—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 (9/30 to 10/2), providing a great lunch stop.

Don't forget: Passports (or passport-equivalents) are required!

**Sunday
October 2**

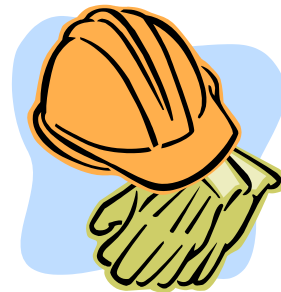
**Sunday
October 9**

Trash & Treasure—John Herman

The Ride: The ride starts at 11AM. 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, extending 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. John 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 16**

The 2010 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

Fifty states, Fifty Centuries—Linc Achieves His Goal!

Editor's Note: When NFBC President Linc Blaisdell completed his quest to ride a century in every state, I wanted to celebrate his accomplishment with an article in the NFBC Newsletter. I emailed him a set of questions as an "e-interview", to be the basis of my article. His response was so complete that I asked if I could simply print it "as is", and with reluctance, he agreed.

By Lincoln Blaisdell

In 1989 I rode my first century solo, from my house in Clarence north to Lake Ontario and then east towards Rochester. After 50 miles I did a diagonal ride back home. I didn't really plan to do a century, but the day was gorgeous, so I just kept riding. I repeated the same ride about a month later with Carl, a friend who taught high school with me, because he had done a solo century rather inadvertently, too—so we thought we'd do one together. The wind was out of the southwest, so we flew north to the lake and flew east. Then when we turned to come back, it was like hitting a wall. We were dying for 50 miles. When we got home, I told Millie, "Shoot me now!"

In 1991 Carl and I rode the RAGBRAI (the Des Moines "Register's Annual Great Bicycle Ride Across Iowa), the 19th edition of the granddaddy of the across-the-state rides. The rides were 50 to 70 miles a day, but on the third day when they gave riders the option of adding a 30-mile loop to make a century, Carl and I did that. Returning to the RV after the ride, I told Carl, "Two states down, only 48 to go!" I was just joking when I said it, but right after the words came out of my mouth, I thought to myself: Hey, that would be a cool goal.

After a Bike Vermont trip four years later, Carl and I did 100 miles, 50 up and back, along the Connecticut River in New Hampshire, and the next day completed the Apple Country Century in Vermont—so that was three and four. All in all, Carl and I rode eleven centuries together before he gave up long-distance cycling.

Once I had established the goal in earnest, I did the closest states first because I had to do them during summer vacations in bunches. During spring breaks I would try to knock off some of the ones in the South. My century rides were not generally organized as part of larger travel plans. The plan was

to go somewhere to do the century and only if there was time to fit in a sight or two (a day in Savannah, for example), would we do that.

One way I got routes was to hit an organized century (I did eight of those out of the fifty) like the Adams Apple Century in Gettysburg, PA or the Wicked Wind 100 in Wichita, Kansas. Alex planned a special route for me in Virginia on the NFBC trip to Winchester in 2001, the first club trip I ever attended.

Sometimes I got routes by writing to other bike clubs, like the Charles River Wheelmen in Boston who gave me my Massachusetts route. Another club gave me a route in Maine. I used a Rotary Club fundraiser route in DeKalb, Illinois and a Tour de Cure route out of Boulder, Colorado. I got a bike shop recommendation in Anchorage, Alaska. And, of course, I used the Ironman Triathlon route out of Kona, Hawaii. In 2002 I did my California century in San Diego with my brother-in-law Pat and other avid cyclists from the Crown City Cyclists in Colorado who called themselves my *domestiques*.

Before the days of internet searching I just picked blue

highways on a map or highways marked "scenic." That's how, in 1998, I completed centuries in Michigan, Ohio, and Indiana on three successive days.

By 2005, I had done only 24 states. In 2006 I did no centuries because of an ACL operation, and none in 2007 because I cracked four ribs in a crash going over tracks on an NFBC ride in Ontario. So, I decided to pick up the pace. Instead of planning European vacations, I planned some long distance driving trips where I could complete centuries in the big states in the Western half of the country.

In 2008, my first three rides of the season were centuries in Florida, Georgia, and South Carolina. Then we drove across the country for the first time ever to do the Northwest. I did Idaho by myself with Millie as my support vehicle. She would drop me off at the ride start, wait 15 minutes, wave as she went by me, and park about 15 miles up the road, providing water or food and taking my shed clothing after I cycled up to her. My brother-in-law Pat joined me for Oregon and Washington,

(Continued on next page)



*“Even on the most
difficult rides I was never
tempted to give up”*

Fifty States... Continued

and I finished with a solo century in Montana, which turned out to be my coldest ride! It was 29 degrees when I started and it had gotten up to 36 degrees by the end of the ride. I had a sleety kind of snow in my face for the last 17 miles. However, Montana is in my top ten because it was so beautiful riding along the Missouri River south of Great Falls. And I was dressed warmly enough to be comfortable—except for my feet. I hadn't thought to bring my biking booties for an October ride, so my feet were absolutely frozen, not thawing out for a half hour after the ride was over.

That was not my most uncomfortable ride either; my 45th state wins that honor. I did an organized ride, the Zion Early Spring Century, on February 28th of this year starting near St. George, Utah. Because of the weather, only 300 of the expected 1000 riders showed up. It was 40 degrees and raining for the entire day. The scenery that should have been so spectacular was barely visible. The same thing happened to me in Alaska heading south from Anchorage toward the Kenai Peninsula. It was supposed to be one of the most beautiful highways in the world with the mountains on one side and the water on the other, but we could barely see a thing because of the wind and rain in our faces for the whole 50 miles out. Pat and I were working hard to grind out 10 miles per hour. We flew back, of course, but it was still exhausting. At least it wasn't cold.

Wind has always been more of a problem on the difficult centuries than the climb has. I've always tried to do rides in the flatter part of states if I had a choice. But the climbs into the mountains from Boulder on my Colorado ride, and up and down hills on my Columbia, Missouri ride, and the 7,000 foot climb on my Las Vegas, Nevada ride made those among the best because of the beautiful views.

My favorite rides were the ones with lovely scenery. In addition to Colorado and Nevada, I really loved my West Virginia ride that went for miles and miles along a peaceful little winding river under a canopy of trees. The Tennessee ride was beautiful because I rode along the section of the Natchez Trace, a restricted rolling scenic road with almost no traffic running from Nashville, Tennessee to Natchez, Mississippi. On my Mississippi ride I used the Trace south of Tupelo.

The dullest centuries were usually the flattest. I remember Delaware as hot, flat, dull, and smelling of Perdue chicken farms. And to make it worse, my friends Carl and Beck and I miscalculated the distance of the route, so we ended up cycling 116 miles, still my longest distance on a bike. Both Dakotas were pretty dull this year, again because I chose the flat eastern sections of the state to ride in.

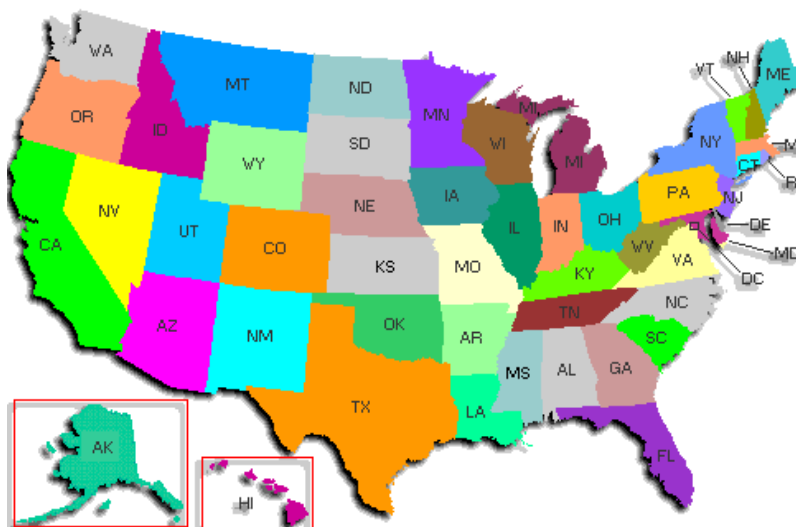
My big excitement came on my Arizona century last November in Tucson. Pat and my nephew Gregor drove from San Diego to do the ride with me. Gregor wanted a second water bottle cage, so we stopped into a store called TriSport. The Litespeed traveling demo group happened to be there, and upon hearing of my century quest, offered me a Litespeed carbon fiber bike to do the ride. I accepted because I had been planning to use one of Gregor's bikes that wasn't a perfect fit. While waiting for them to put my pedals on the bike, I bought a \$5 raffle ticket for a Litespeed frame. When we got back to the shop to return the bike, a little committee of Trisport and Litespeed representatives was there to interview, videotape, and photograph me. I was the winner of the raffle! So now, in addition to the Bianchi Titanium bike, my retirement gift to myself in 2002, I have a wonderful carbon fiber bike!

I used my own bikes for all but six of the states. I had a Trek 1200 for the early ones, a Bianchi Eros for seven states, my Bianchi Titanium for most of them, and my new Litespeed which I had shipped for Wyoming and the two Dakotas.

Even on the most difficult rides I was never tempted to give up. And I never had any major disasters, just bad weather on occasion. On the Montana ride, Millie told me that I should stop because it was snowing even though the route ended seven miles short of 100. She said, "No one will know." I said, "I'll know" and got back on the bike to cycle back north for 3½ miles and then back to the end—in the snow. When I decide to do something, I have to do it right.

Being finished is an interesting feeling. There's the jubilation at having achieved an unusual goal that took a lot of persistence, and yet a kind of wistfulness because it's over. I have no new goals. I'll keep biking locally, mostly with my club. But I won't be trying to add territories, countries, or continents. I have no "bucket list" of things to do before I die

because I've been doing the things I want to do for most of my life. I'll continue to travel, but now instead of planning trips where I can bicycle, my goals will be a couple of weeks in an apartment in Paris or London, several weeks in a villa in Provence or the Dordogne, return trips to Italy and Spain. And I'll continue to pursue my other interests: visiting and revisiting art museums; going to movies and plays and concerts; eating excellent food and drinking fine wine both at home and in restaurants; and, of course, getting together for good times with friends and family.



Niagara Frontier Bicycle Club

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The annual club picnic was held on Sunday, September 4 at Elma Meadows. The skies were gray for the start of the rides, but eventually cleared; the picnic was well-attended in welcome sunshine. The food and drink were delicious and the company superb! The desert contest and raffles were great fun. Thanks to Lori Harf for organizing the picnic, and the many people who helped, including Betsy Dexheimer, Barb Reade, Greg Heim, Karen Sprada, Sue Williams, Tom Williams, Jackie Barclay, Gwen Macool, Janice Cochran, Janice Powell, and Kathy Vozga.

One More 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 \$60; 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, but not sure if we can come up with 15 womens jerseys. For women who wish to order a jersey, please send me an email and let me know that you are interested in a jersey and I will see if we get 15 responses before I ask for any money; you can also let me know if you would accept a "unisex" (men's) jersey. We have learned that women would need to size down 2 sizes in a "unisex" jersey.

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
Standard Features	Options	XS	SM	MD	LG	XL	2XL	3XL		
Men's Sport Cut, Short Sleeve, Raglan Sleeve	Speed Pro Fabric - YKK 3/4th Hidden Zip -Elastic @ Waist & Sleeves - 3 Straight Back pockets								\$ 60.00	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								\$ 60.00	PW-00-615


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Wheatfield NY 14120

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