

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

October, 2012

We ride every day!

Volume 43, Issue 9

Dates to Remember

- Evening Rides are over for 2012
- Oct. 7, Trash & Treasure
- Oct. 19, Annual Fall Meeting
- Nov. 16, NFBC Banquet

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www.nfbc.com

NFBC Annual Fall Meeting: Friday, Oct. 19

Our club will hold its Annual Fall General Meeting at the Harris Hill Volunteer Fire Hall (8630 Main St. in Clarence) on Friday, Oct. 19 at 7 PM. Each year the club holds two general membership meetings, in the fall and spring. This year, we will elect officers and board members for 2013-2014. The Nominating Committee (Frank Soltiz, Cindy Adams, and Karen Ostrum) will present the following slate of officers for election at the general meeting: President—Linc Blaisdell; Vice President—Cindy Stachowski; Secretary—Liz Williams; Treasurer—Joe Pizzuto; Board of Directors—Jane Armbruster, Ian Currie, Brenda Fischer, Dennis Powell, and Frank Soltiz. Nominations may also be made from the floor at the meeting. This fall meeting also provides the opportunity to review major club events of this season and to begin planning for next season. Possible topics include: future club trips, CanAm, Picnic, and the club banquet on Nov. 16. Refreshments will be provided.

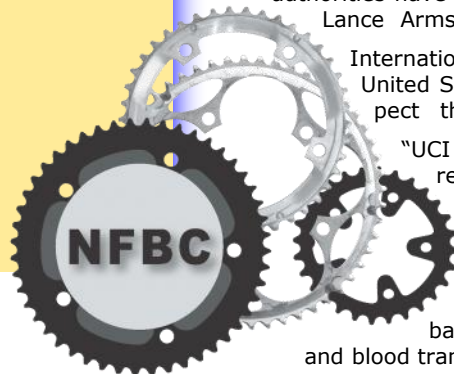


Cycling News: Delay in Armstrong Files in Question

The chief of world cycling's governing body is questioning why American anti-doping authorities have not sent him the file of evidence that prompted them to erase Lance Armstrong's seven Tour de France titles and ban him for life.

International Cycling Union President Pat McQuaid on Saturday said the United States Anti-Doping Agency had not given the UCI a date to expect the details, and he sounded impatient to receive them.

"UCI assumes that USADA have the file, the full file, as they've already made a decision based on it and therefore it's difficult to understand why it hasn't arrived yet," McQuaid said from the Road Cycling World Championships in the southern Netherlands. Armstrong has long denied doping but chose last month not to fight drug charges by USADA, which wiped out 14 years of his results. USADA believes Armstrong used banned substances as far back as 1996, including EPO, steroids and blood transfusions. (September 22, <http://msn.foxsports.com>)





October 2012 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sat, Oct 06	11:00 AM	732	Becker Farms Pumpkin Fest	37 / 31	Easy	? / ?	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Bob Alessi 694-0853
Sat, Oct 06	11:00 AM	239	Octoberfest Ride	48 / 24	XXX/ Diff	4500/ 2000	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 07	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 08	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 13	11:00 AM	722	Medina Albion Grand Tour	42 / 33	Easy	540	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Randall Shortridge 798-1081
Sat, Oct 13	11:00 AM	341	Hamburg to Collins	41 / 21	Mod	1800/ 750	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bob Mahaney 873-2814
Sun, Oct 14	11:00 AM	385	Kathy's Kaper	38 / 30	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo , Amherst	Darrell Skelton 400-6091
Sun, Oct 14	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 20	11:00 AM	767	Bunker Hill Road (New Ride)	36 / 27	Easy	0	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Sue Williams 688-2981
Sat, Oct 20	11:00 AM	293	Memorial Boston Hotel Ride	33	Diff	2500	Boston Hotel, SR 391 @ Back Creek Rd	Tim Cleary 807-7174
Sun, Oct 21	11:00 AM	705	Indian Falls Log Cabin	36 / 27	Easy	0	Russel Town Park, Clinton & Main St., Akron	Jack Rimlinger 741-8512
Sun, Oct 21	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 27	11:00 AM	6	St. Patrick's Day Ride	27 / 17	Easy	NA	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Rich McCarthy 982-0626
Sat, Oct 27	11:00 AM	224	Springville Sprint	41 / 20	XD/ mod	2900/ 1000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Bradshaw Hovey 857-0906
Sun, Oct 28	11:00 AM	399	Como Park Cider Ride	33 / 24	Mod/ Easy	800/ 400	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	Mike Dusing, 895-6423
	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	2952 Niagara Falls Blvd., near North French, behind Pet Supplies Plus, Amherst,	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Tom Williams, 688-2981
	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
	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	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster (map link)	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
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.

Don't forget!! In October weekday morning rides will start at 10AM, and there are no evening rides.

OCTOBER 2012



SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Pendleton 10AM</i>	2 <i>Tonawanda 10AM</i>	3 <i>Orchard Park 10AM</i>	4 <i>Lancaster 10AM</i>	5 <i>Clarence 10AM</i>	6 Amherst 9 AM Becker Farms Octoberfest
7 Buffalo 9 AM Trash & Treasure	8 <i>Pendleton 10AM</i>	9 <i>Tonawanda 10AM</i>	10 <i>Orchard Park 10AM</i>	11 <i>Lancaster 10AM</i>	12 <i>Clarence 10AM</i>	13 Amherst 9 AM Medina-Albion Hamburg-Collins
14 Buffalo 9 AM Kathy's Kaper Skulpture Park Bike & Hike	15 <i>Pendleton 10AM</i>	16 <i>Tonawanda 10AM</i>	17 <i>Orchard Park 10AM</i>	18 <i>Lancaster 10AM</i>	19 <i>Clarence 10AM</i>	20 Amherst 9 AM Bunker Hill Rd. Memorial Boston Hotel Ride
21 Buffalo 9 AM Indian Falls Log Cabin Minnow Hill	22 <i>Pendleton 10AM</i>	23 <i>Tonawanda 10AM</i>	24 <i>Orchard Park 10AM</i>	25 <i>Lancaster 10AM</i>	26 <i>Clarence 10AM</i>	27 Amherst 9 AM St. Patrick's Day Springville Sprint
28 Buffalo 9 AM Como Park Cider Ride	29 <i>Pendleton 10AM</i>	30 <i>Tonawanda 10AM</i>	31 <i>Orchard Park 10AM</i>			

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.

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

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, 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!



October Rides of Special Interest

On Saturday, **October 6**, the south-towns ride of the month is, of course, the Octoberfest Ride!

Rich Stroh, who has put together some of the most picturesque and most difficult rides the club has, designed this one in 1993. Again, unchanged except for the ride start (because another member, Steve Forrestel built an expressway through it!) this ride takes us on the quiet and challenging back roads from Springville down to Ellicottville where the fall festival will be in full swing. Walk your bike through the throngs of people taking in the sights, catch the store and it is back out to the solitude of the hills of Ashford and Rock Springs. Led by Tim Cleary whom you never know what to expect from - so it is not to be missed - come on out!—Pat Danaher

Also on **October 6**, the Becker Farms Pumpkin Fest Ride is a long time club favorite. 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.



It's that time again! The fall "Trash and Treasure" is on **Sunday, October 7**. The rides are good, but what follows them is great! NFBC has maintained a



two mile section of route 277 in Orchard Park for 20 years, as part of the national adopt-a-highway program. Twice a year, John Herman leads us in an after-ride 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!

My feature ride for October this year is the Medina Albion Grand Tour on **Saturday, October 13**. Becker Farms has the festiveness, but Albion has the charm and history.



The ride starts in another Erie Canal town, Medina and heads south. The long ride skirts Oak Orchard Game Preserve while the shorter route cuts across east on some quiet roads. Both routes roll into the Orleans County village of Albion. This would be a great place to grab a snack, maybe a coffee and refresh for the return. Your ride leader this year lives in that area and may have suggestions for a nice coffee spot, but the cued "Tim Horton's" can work too. For the return, both routes crank down some very picturesque roads near the Erie Canal. I know October weather can sometimes be brutal, but if you catch this ride on a gorgeous, clear fall day it will be very much worth the drive from anywhere in the Greater Buffalo area. You won't be disappointed!—Dennis Powell

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 14** gives you a chance to enjoy the hiking trails and sights after a ride and lunch.

The last weekend ride of the season, the Como Park Cider Ride, is on **Sunday, October 28**, leaving from Como Lake Park. Have the traditional glass of cider on the ride, and/or tailgate afterwards, to celebrate an exceptional riding season.

**Sunday
October 7**

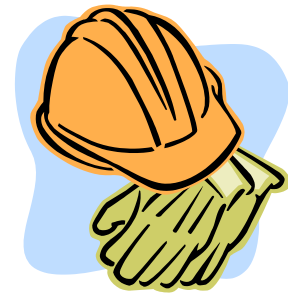
Trash & Treasure—John Herman

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 Bike & Hike—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 1.

**Sunday
October 14**

The 2012 NFBC Banquet

Friday, November 16 @ Fox Valley Country Club (6161 Genesee St., Lancaster, NY)

How many meals or events can you think of that have NOT increased in price in the last four years? The NFBC annual end-of-season banquet is one of them!

The banquet will take place on **FRIDAY, November 16th** 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 dinner fare: hand-carved roast turkey and roast beef, fresh pasta combinations made to your specifications, garden salad, vegetable medley, coffee and light dessert.



President Linc Blaisdell and members of the board will present mileage and service awards, and Warren Stamm will spin tunes for our dancing pleasure to conclude the evening.



The price for all of this? Unchanged from the last 4 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

What a day for a picnic in the park!

Beautiful weather, a choice of great rides, delicious food and drink, and of course superb company—that’s what close to 100 NFBC members found at the annual Club Picnic at Elma Meadows on September 2. It’s always difficult to choose the best from among so many wonderful entries in the annual dessert contest. This year’s tough-duty judges (Bob Alessi, Michelle Smith, Nancy Sweeney, and Paul Zsebehazy) selected Marion Reslow’s marscapone meringues for first place, and Janice Powell’s blueberry cobbler as second. The raffles seemed to go on and on...with a record number of valuable prizes donated by local businesses and NFBC members: thanks to Jane Armbruster, Campus Wheelworks, Jim and Kathy Karnath, Tom’s ProBike, Luigi’s Pizza and Catering, Menne Nursery, NFBC, Shickluna Bikes, Wegman’s (NFB store), and Tom and Sue Williams.

Many thanks go to Jane Armbruster for planning and organizing this successful NFBC event. Jane, in turn, wants to thank the many volunteers who helped. Some were recruited in advance, and others stepped forward on the spot, so if we have forgotten someone, our apologies. Tom and Sue Williams helped in many ways, before and during the event. Others who provided tremendous support include (in alphabetical order): Cindy Adams, Bob and Sue Alessi, Tom Barone, Linc Blaisdell, Betsy Dexheimer, Lori Harf, Linda Kalka, Karen Ostrum, Ed Peters, Janice Powell, Marion Reslow, Rebecca Ribis, Elaine Rubenstein, Liz and Darrell Skelton, Karen Sprada, and Nancy Sweeney.



Photos, roughly counter-clockwise from the top, by Linda Kalka, Ed Peters, Elaine Rubenstein.

Roy's End-of-Year Membership Update

By Roy Tocha, NFBC Membership Chairperson



There are 461 members in the club. This includes 355 households. 107 members are new to the NFBC this year. The club had 431 members last year at this time. 45 households receive the snail mail *NFBC Newsletter*; all members receive the link to each issue on nfbc@yahoo.com. There is an extra charge for mailed Newsletters that reduces the club's costs for printing and mailing. If you choose the email link, you are saving the club printing and postage expenses, thanks. I hope you are having, have had, an enjoyable cycling season. The end of the cycling season is approaching. Official NFBC Club rides end the end of October. Then the unofficial rides start. If this coming winter is like last winter there may be a lot of those.

Welcome to the latest new members:

Patricia & James Braun, Jack Coombs, Kevin Finn, Jim Locke/Annabelle Irely, Linda Jenkin, Thomas J Kraus, Michelle Lenahan, Peter Mazurowski, Michael & Laura Mieney, Rich Mumm, Jessica Nyrop, Tom Perkovich, Joseph Powers, Bill Powers, Debra Ranney, Derrick Wojcik, David A Zoeller. (Sept. 20)

Philadelphia finds: More bicyclists means fewer accidents

By Paul Nussbaum, Inquirer Staff Writer (philly.com), as posted on GObike Buffalo, <http://gobikebuffalo.org>

As the number of bicyclists on Philadelphia streets has risen, cyclists and city officials have seen a counterintuitive result: The number of bike crashes and deaths has declined.

This "safety in numbers" phenomenon has been documented elsewhere, and safety experts believe it is because motorists become more alert to cyclists when there are more of them.

Since 2002, the number of cyclists on many Center City streets has more than doubled, according to tallies at key intersections, and the percentage of bike commuters has also doubled. In 2002, there were six bicyclists killed in accidents with motor vehicles; last year, there were two such deaths. Traffic crashes involving bikes in Philadelphia have fallen from a high of 1,040 in 1998 to 553 in 2010

Traffic crashes involving bikes in Philadelphia have fallen from a high of 1,040 in 1998 to 553 in 2010.

"Where cars expect to find bicyclists and pedestrians, drivers are more cognizant of cyclists and pedestrians," said Alex Doty, executive director of the Bicycle Coalition of Greater Philadelphia. He cited a study in Portland, Ore., that found a doubling of the number of bicycles reduced the crash risk by one-third.

"I know I get better treatment now than I did 10 years ago, or even five years ago," Doty said. "Drivers have a

better idea what to do. Though there is still quite a bit of room for improvement."

The correlation was reported in 2003 by the medical journal *Injury Prevention*, when it published what it called an "unexpected result" of a safety study: The likelihood of a cyclist or pedestrian being hit by a car "varies inversely with the amount of walking or bicycling."

The journal's study concluded that "policies that increase the numbers of people walking and bicycling appear to be an effective route to improving the safety of people walking and bicycling."

In Philadelphia, the Nutter administration has created dozens of bike lanes and bike routes, trying to carve out more space for cyclists in a city not known for its bicycle bonhomie.

The safety in numbers phenomenon "is really playing out" in the city, said Stephen Buckley, director of policy and planning in the mayor's Office of Transportation and Utilities. The city has about 220 miles of bike lanes, he said, and the administration hopes to increase that to about 300 miles.

The city's goal is to boost the percentage of commuters who travel by bike from the current 2 percent to 5 percent by 2020 and to reduce injuries and fatalities by 50 percent.

If more biking means safer biking, safer biking is likely to produce more biking.



The September 1 quilt barn ride was a great touring experience: beautiful quilt patterns and barns that are a real treasure. Photo from Sue Alessi

Niagara Frontier Bicycle Club

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Print Form

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 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"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
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 order to receive the Newsletter link by email, you must belong to nfbc@yahoogroups.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.

October, 2012

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