

NFBC NEWSLETTER

Dates to Remember

- Oct. 1, NO MORE EVENING RIDES UNTIL MARCH
- Oct. 5, Fall Trash and Treasure
- Oct. 18, NFBC Fall General Meeting
- October 27, last ride of the NFBC 2013 riding season.
- Nov. 15, Banquet

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www.nfbc.com

NFBC Annual Fall Meeting: Friday, Oct. 18

Our club will hold its Annual Fall General Meeting at the Harris Hill Volunteer Fire Hall (8630 Main St. in Clarence) on Friday, Oct. 18 at 7 PM. Each year the club holds two general membership meetings, in the fall and spring. Because this is not an NFBC election year, we use the meeting to review the past year's major club events and to begin planning for the next season. Refreshments will be provided.



Dutch bicyclist sets new world speed record

Dutchman Sebastiaan Bowier broke the world record for fastest bike speed in September as he ripped through the Nevada desert on a high-tech recumbent bike, reaching a top speed of 83.13 mph (133.78 km/h). The recumbent bike, developed by students from TU Delft and VU University Amsterdam, reached that speed on a timed 220-yard stretch of straight road with a 5-mile run-up. The team spent six days trying to break the existing world record at the 2013 Battle Mountain World Human Powered Speed Challenge held in Nevada. "We knew that



both the technical and human aspects were right today: it is highly gratifying that the potential for success ultimately became reality, even though we faced a pretty strong headwind," team leader Wouter Lion said. The bike/rider combination broke the existing speed record, held by Canadian Sam Whittingham, by 0.37 mph. (UPI)





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

October 2013 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Diff.	Elev.	Ride Start	Ride Leader
Sat, Oct 05	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
Sun, Oct 06	11:00 AM	731	Brown's Berry Patch	40	Mod	710	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Randall Shortridge 622-0425
Sun, Oct 06	11:00 AM	402	Sisson Highway	58/32	XD/MD	3100/1300	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Patrick Danaher 310-8136
Sat, Oct 12	11:00 AM	732	Becker Farms Pumpkin Fest	37/31	Easy	?/ ?	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Sue Alessi 649-0853
Sat, Oct 12	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 13	11:00 AM	722	Medina Albion Grand Tour	42/33	Easy	540	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Randall Shortridge 622-0425
Sun, Oct 13	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	Sandy Bunn 992-4081
Mon, Oct 14	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 19	11:00 AM	747	Williston Rd	39/30	MD	2000/1300	Como Lake Park, Como Park Blvd., center parking lot on left between lodge and gazebo, Lancaster	Brenda Fischer 683-3961
Sat, Oct 19	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	Patrick Danaher 310-8136
Sun, Oct 20	11:00 AM	705	Indian Falls Log Cabin	36/27	Easy	0	Russel Town Park, Clinton & Main St., Akron	Besty Dexheimer 585-343-5172
Sun, Oct 20	11:00 AM	392	Flamingo Ride	33/26	Diff/Mod	2000/1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Loren Danaher 430-1600
Sat, Oct 26	11:00 AM	758	Old Greenwalls	33	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Rich McCarthy 982-0626
Sat, Oct 26	11:00 AM	229	Knee Knocker	43	Diff	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Jody Snyder 864-5470
Sun, Oct 27	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	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Michael Crouch, 799-2387
	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	Karen Sprada, 684-9039
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	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
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	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.

Don't forget!! In October, weekday morning rides start at 10 AM, there are no evening rides, and all NFBC rides end after October 27.

OCTOBER 2013

Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The recurring day-of-the-week rides are indicated in italics.

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <i>Tonawanda 10AM</i>	2 <i>Orchard Park 10AM</i>	3 <i>Lancaster 10AM</i>	4 <i>Clarence 10AM</i>	5 <i>Amherst 9AM</i> Trash and Treasure
6 <i>Buffalo 9AM</i> Browns Berry Patch Sisson Highway	7 <i>Pendleton 10AM</i>	8 <i>Tonawanda 10AM</i>	9 <i>Orchard Park 10AM</i>	10 <i>Lancaster 10AM</i>	11 <i>Clarence 10AM</i>	12 <i>Amherst 9AM</i> Becker Farms Octoberfest Ride
13 <i>Buffalo 9AM</i> Medina Albion Grand Tour Pat's New Ride	14 <i>Pendleton 10AM</i> Ebenezer Scootch	15 <i>Tonawanda 10AM</i>	16 <i>Orchard Park 10AM</i>	17 <i>Lancaster 10AM</i>	18 <i>Clarence 10AM</i>	19 <i>Amherst 9AM</i> Williston Rd. Skulpture Park Bike and Hike
20 <i>Buffalo 9AM</i> Indian Falls Log Cabin Flamingo Ride	21 <i>Pendleton 10AM</i>	22 <i>Tonawanda 10AM</i>	23 <i>Orchard Park 10AM</i>	24 <i>Lancaster 10AM</i>	25 <i>Clarence 10AM</i>	26 <i>Amherst 9AM</i> Old Greenwalls Knee Knocker
27 <i>Buffalo 9AM</i> Como Park Cider Ride	28	29	30	31		



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

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 since April 1993, 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!



Hi Folks, well the year sure has gone by quickly as it is October and the last STRM. Hard to choose because any South towns ride in autumn is the place to be, but we will go with The Flamingo Ride out of Wales on **Sunday the 20th!** This ride came about a couple years ago when some hurricane or another finally made its way to WNY right in the middle of the Java Lake Ride and, like Dorothy and Toto, we headed for the barn. While battling the wind on Sheehe Rd. on our way back, we spotted a flamingo stuck in a tree and flailing away, no doubt carried up there by the wind. It's still there, although obviously deceased from some cause, like A) a lack of food, B) a Buffalo winter, or C) being a Bill's fan. But if you want to find it, you have to come on out! —Pat and Loren.

In the northeast, the Indian Falls Log Cabin Ride on



Sunday, October 20 offers beautiful vistas, especially when autumn colors are vivid. Heading east from Akron's Russell Park, this dual mile a ge "moderate" ride explores gently

rolling hills through farmland and wooded areas. The highlight for me is the rest stop at the Indian Falls Log Cabin Restaurant. I've never gone inside the restaurant though, because outside there are picnic tables and plenty of vantage points to see the beautiful Indian Falls, formed where Tonawanda Creek flows over the Onandaga escarpment. Although the current Log Cabin was built in 1946, the original one there was the birthplace, in 1828, of Ely Parker, the first Native American to serve as Commissioner of Indian Affairs.—Elaine

My feature ride for October would be Medina Albion Grand Tour, but I wrote that one up last year. It's a hard ride to NOT feature anytime it's on the schedule. Check the October 2012 *Newsletter* if interested. Instead, I'll write about a different kind of ride.

A few of NFBC rides have their genesis as off-season pick-up rides. The way a pick-up ride works is someone calls up (or emails) his or her buddies and says, "Hey, let's meet at so-and-so place and go for a ride tomorrow, about 20 to 30 miles, meet at 9." There might be a route in mind, or a hint of a route. Since these rides are usually done pre- or post-season, a place to stop for a warm cup of coffee or hot chocolate is included on the route. A lot of socializing gets done while you're warming up, and then you head back and attend to the rest of your day.

Old Greenwalls, **October 26**, is a bit of an urban excursion with just that pick-up ride idea in mind. Starting conveniently at UB Amherst Campus (same start as Saturday breakfast ride), the ride goes through Pendleton, Wheatfield and Sanborn out to Niagara Falls. If so inclined, you may choose to stop at the eponymous hot dog stand or other places along the route, totally optional. From Niagara Falls there is some bike path, then side streets through North Tonawanda and you're back to the start. Though there might be some nice views along the Niagara River, the ride isn't particularly pretty. Old Greenwalls is just a hot dog stand, not particularly special. But sometimes, just getting out in fresh air with friends IS special and will feel good no matter what. —Dennis

The last weekend ride of the season, the Como Park Cider Ride, is on Sunday, October 27, leaving from Como Lake Park. Have the traditional glass of cider on the ride, and/or tailgate afterwards, to celebrate a great NFBC riding season.

**Saturday
October 5**

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.

**Saturday
October 19**

The 2013 NFBC Banquet

Friday, November 15 @ Fox Valley Country Club
 (6161 Genesee St., Lancaster, NY)

The Fox Valley Country Club in Lancaster has been the site of the NFBC annual end-of-the-season banquet for several years. This year's celebration of the 2013 biking season will take place on **FRIDAY, November 15th** at the 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.

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. Cash bar will be available before and after the dinner service. DJ Warren Stamm will spin your favorite tunes for dinning and dancing.



This year the fun will include a pie-eating contest (coconut custard!) featuring members of the board, a Linc Blaisdell Look-alike contest, and you may want to wear rubber-soled shoes for the Treasure Hunt. Mileage and service awards will be presented also, so start working on your acceptance speeches!

The price for this extravaganza? Remarkably, the cost remains unchanged at **\$27 per person!** Current, former and wanna-be members are encouraged to send in the reservation form (below) and check 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 _____

Name _____

_____ (number of persons attending) @ @27/person = \$ _____

Mail check (\$27 per person) and this reservation form to:

Liz Skelton
 38 Brandel Ave.
 Lancaster, NY 14086

NFBC Picnic draws a happy crowd

Over 100 NFBC members were treated to another great club picnic on August 25 at Elma Meadows Park. Everything fit together perfectly: the rides, weather, delicious food and drink, and of course the good company of NFBC members. The ever-popular dessert contest, judged by Rob Nowinski, Karen Ostrum, and Bernadette Tomaselli, attracted many wonderful entries. Kathy Swank (#1) and Margaret Rockwood (#2) created the winning desserts. Darrell Skelton was the emcee for the program, which as always, included exciting raffle draws for valuable gifts.

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 in advance. Thanks to Linc Blaisdell, Janice Cochran, Ian Currie, Loren Danaher, Pat Danaher, Betsy Dexheimer, Bruce Jansen, Linda Kalka, Rob Nowinski, Karen Ostrum, Ed Peters, Janice Powell, Rebecca Ribis, Margaret Rockwood, Darrell Skelton, Liz Skelton, Michele Smith, Karen Sprada, Gary Stevens, and Bernadette Tomaselli for working to make the event a success. Special thanks to our sponsors: Campus Wheelworks, Rick Cycle Shop, Tom's Pro Bike, Wegman's, and the NFBC.

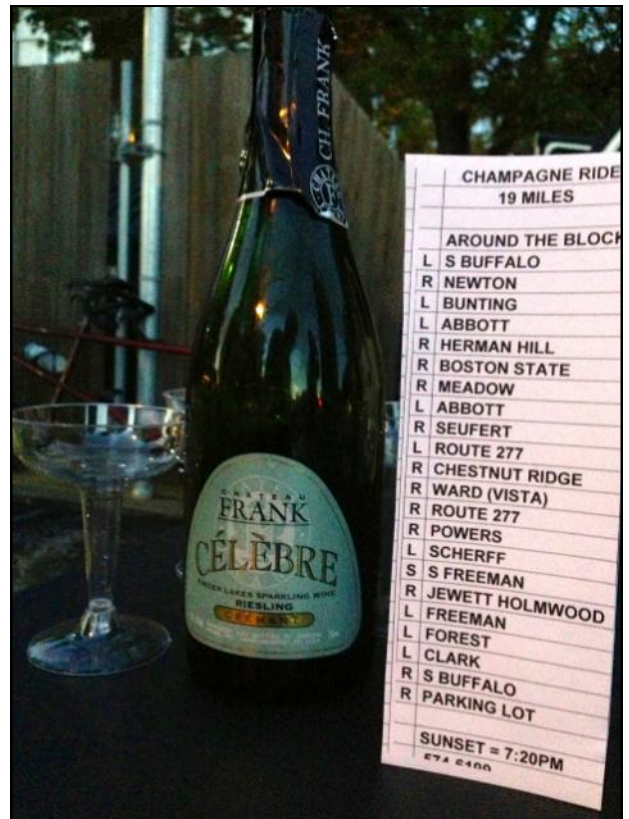


Photos by Linda Kalka



Above: Bill Loftus, John Dyke, Brad Russell and Bob Ehrheart in Pittsburgh, Pa. were in great spirits as they departed on the 344 mile "Ride of My Life" on the Great Allegheny Passage/C&O Canal path from Pittsburgh to Washington, D.C. from September 8 through September 15. John's expertise and experience with the route made the trip a joy.—Brad Russell

Right: It was a beautiful night, a beautiful ride, and Frank & Brigitte set up a table with champagne & cookies to celebrate their Champagne Ride. It doesn't get any better than that. Thank you Frank & Brigitte for a great season of Wednesday night rides. —Linda Kalka



Left: The Dutch Mounted Bicycle Band (Marching and Cycling Band HHK)

Niagara Frontier Bicycle Club

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Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Welcome to these new NFBC members: Linda Chirico, Marie Curran, Stephen Downing, David Dunkle, Paula Eastman, John Hoffmann, Kate Hood, Keith Lukasik, Susan Maguire, Charles Matteliano, Cara Matteliano, Deb Persia, Paul Persia, Brian Sayers, Paul Schaefer, Janet Sikora, Marion Sikora, Peter Stillman, Christine Voit

Thanks, Roy

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@yahoo.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.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

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3687 Walden Ave, Lancaster, NY 14086 716.651.9995

Tom's Pro Bike 3687 Walden Ave.
Lancaster, NY 14086
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