

NFBC NEWSLETTER

Dates to Remember

- Oct. 5, Trash & Treasure
- Oct. 13, Ebenezer Scootch
- Oct. 17, NFBC Election Meeting
- Oct 18, Skulpture Park Bike & Hike
- Nov. 15, NFBC Banquet

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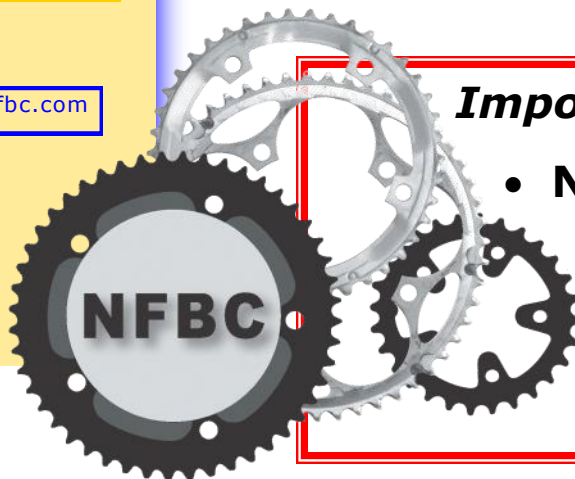
NFBC Fall Election Meeting: Friday, Oct. 17

NFBC will hold its Annual Fall General Meeting at the Harris Hill Volunteer Fire Hall (8630 Main St. in Clarence) on Friday, Oct. 17 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 2015-2016. The Nominating Committee (Frank Soltiz, Julie Alsani, and Bruce Kennedy) will present the following slate of officers for election at the general meeting: President—Linc Blaisdell; Vice President—Brenda Fischer; Secretary—Liz Williams; Treasurer—Joe Pizzuto; Board of Directors—Cindy Adams, Ian Currie, Dennis Powell, Jack Rimlinger, 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.



Important Reminders...

- No evening rides in October.
- RSVP for 11/15 NFBC Banquet now! (p. 5)





October 2014 WEEK-END RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Oct 04	11:00	389	Erie Canal Double Cross	40/25	Mod	877/306	West Canal Park, Tonawanda Creek N @ Town Line, Pendleton	Betsy Dexheimer 585-343-5172
Sat, Oct 04	11:00	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	Julie Alsani 474-0622
Sun, Oct 05	11:00	364	Fall Trash & Treasure	28/24	Diff/ Easy	1800/ 600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Sat, Oct 11	11:00	779	Upper Mtn - Lockport	33	EZ	376	West Canal Park, North Tonawanda Creek Rd. near Niag. Falls Blvd., Pendleton	
Sat, Oct 11	11:00	402	Sisson Highway	58/32	XD/ MD	3100/ 1300	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Rob Nowinski 490-0752
Sun, Oct 12	11:00	732	Becker Farms Pumpkin Fiesta	41/34 /27	Easy	746/ 513	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	Alex Setlik 692-7045
Sun, Oct 12	11:00	283	Bill's Favorite Ride	64	XXX	4440	SR 39 in Forestville. From Buffalo take US 20 to Silver Creek. Corner of Central & Main in Silver Creek go South on US 20 3.5 mi., turn L on Walnut. Turn L where Walnut ends at SR 39. Parking - 0.2m on the right.	Bradshaw Hovey 857-0906
Mon, Oct 13	11:00	746	Ebenezer Scootch	44/33	MD/ Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Tim Cleary 807-7174
Sat, Oct 18	11:00	382	New Ride from Westwood	34/24	Mod/ EZ	1081/ 757	Westwood Park, 175 Pavement Rd at Erie St., Lancaster	Diane Currie
Sat, Oct 18	11:00	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
Sun, Oct 19	11:00	758	Old Greenwalls	33	Easy	324	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Sue Alessi 465-2059
Sun, Oct 19	11:00	410	Dutch Hollow	32/26	Diff/ MD	2500/ 1500	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Loren Danaher 310-8136
Sat, Oct 25	11:00	347	Sanborn Scramble	30	Easy	294	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Sandy Kaminski 238-0121
Sat, Oct 25	11:00	409	The Burrough	40/22	Diff/ mod	2300/ 1000	Elma Meadows	Pat Danaher 310-8136
Sun, Oct 26	11:00	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	Liz Skelton 400-6091

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

DAY OF THE WEEK RIDE SCHEDULE

hyDAY	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	Jim and Kathy Karnath, 688-2968
	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., Swormsville (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	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	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	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 26.

OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>10 AM Orchard Park</i>	2 <i>10 AM Lancaster</i>	3 <i>10 AM Clarence</i>	4 9 AM Amherst Erie Canal Double Cross Octoberfest Ride
5 9 AM Buffalo Trash and Treasure	6 10 AM Pendleton	7 10 AM Tonawanda	8 10 AM Orchard Park	9 10 AM Lancaster	10 10 AM Clarence	11 9 AM Amherst Upper Mtn— Lockport Sisson Highway
12 9 AM Buffalo Becker Farms Bill's Favorite Ride	13 10 AM Pendleton Ebenezer Scootch	14 10 AM Tonawanda	15 10 AM Orchard Park	16 10 AM Lancaster	17 10 AM Clarence	18 9 AM Amherst New Ride from Westwood Skulpture Park Bike & Hike
19 9 AM Buffalo Old Greenwalls Dutch Hollow	20 10 AM Pendleton	21 10 AM Tonawanda	22 10 AM Orchard Park	23 10 AM Lancaster	24 10 AM Clarence	25 9 AM Amherst Sanborn Scramble The Burrough
26 9 AM Buffalo Como Park Cider Ride	27	28	29	30	31	

The recurring day-of-the-week rides are indicated in italics.
Weekend Rides (schedule on page 2) start at 11AM this month.

NFBC NEWSLETTER DEADLINE
The deadline for submission of articles to the Newsletter is the twelfth (12 th) 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!

The 2014 NFBC Banquet

Saturday, November 15

The Clubhouse at Diamond Hawk

I hope you are up for a change as we have a new venue for this year's celebration of the 2014 biking season! This year's NFBC Banquet will be held at The Clubhouse at Diamond Hawk located at 255 Sonwil Drive, Cheektowaga, NY 14225 (off Genesee street near the airport) on **SATURDAY, November 15, 2014.** Cash bar and hors d'oeuvres will be available at 6PM and dinner will be served at 7PM.



Dinner choices include:

Chicken Marsala

Lightly floured and sautéed with shallots, garlic, and mushrooms, then finished with Marsala wine sauce served with shallot whipped potatoes
or

Beef Tips Gorgonzola

Pan seared tenderloin tips, shallots, mushrooms, gorgonzola cheese
or

Pasta Primavera

Sautéed fresh vegetables served over pasta with grated parmesan cheese

All entrees are served with salad, warm rolls, sautéed vegetables, and a light dessert.



After mileage and service awards, **DJ Mike Carlo** will spin your favorite tunes for dancing. **Cost is only \$27.50 per person.** Please register as soon as possible! Send the completed form below along with your check made payable to NFBC to me at 159 Wyeth Drive, Getzville, NY 14068.

Banquet Reservation Form

Please indicate full names of those attending and circle the dinner choice for each:

Name _____

Chicken Marsala Beef Tips Gorgonzola Pasta Primavera

Name _____

Chicken Marsala Beef Tips Gorgonzola Pasta Primavera

_____(number of persons attending) @ @27.50/person = \$_____

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

Kathleen Karnath
159 Wyeth Drive
Getzville, NY 14068

**Sunday
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; turn right onto Armor Duells, right onto 277 South, and right onto the 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 Skulpture 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 18**

New Hampshire to Maine: a coastal adventure for NFBC members

By Bradley A. Russell

Five NFBC club members and one friend of the club joined forces to cycle 262 miles along the coastal waters of Maine from a starting point in North Hampton, N.H. to Bar Harbor, ME. Partaking in the sojourn were club members Bob Ehrheart, Bill Loftus, John Barkley, Joe Rizzo, and Brad Russell joined by club friend Bill Wilt. Much credit goes to Bill Loftus for initiating the idea and planning the itinerary along with a newly found acquaintance and friend, Bob Bruce, whose experience and knowledge of the area proved invaluable. Day one turned out to be the longest day of riding, 73 miles including a ride through Kennebunkport, hometown of former President George H.W. Bush, before arriving at our day's destination in Saco, Me. Bob Bruce joined us for part of the adventure on day two guiding us from L.L. Bean in Yarmouth to our day's destination at the Days Inn in Brunswick, Me. Bob took us on a tour of the area passing by Bowdoin College and the home of Harriet Beecher Stowe at the time when she authored Uncle Tom's Cabin. Day three proved to be, perhaps, the most challenging as we climbed hills all day over a distance of 52 miles terminating in Glen Cove at a beautiful little B&B, the Glen Cove Inn. Several of the group went walking on the nearby beaches. Days four and five were 42 and 39 miles, respectively, with numerous stops along the way for seafood and liquid refreshment and a stop at the home of Bob Bruce, whom we now reckon as a good friend. During the trip, members of the group traded off driving sag wagon while still being able to enjoy the comradeship of the group at the end of the day. At the end of the trip, an extra day was spent in Bar Harbor allowing for more eating, shopping, and cycling into and around Acadia National Park. One member of the group, Joe Rizzo, succeeded in his challenge to cycle to the top of Cadillac Mountain, no small accomplishment. After our return drive to North Hampton, we were all welcomed to the home of Bill Loftus' daughter for a delicious meal and drinks. The next day found us wending our way home across New Hampshire, Massachusetts, and New York State to reflect upon our truly spectacular cycling adventure.



Photos by Brad Russell and Bill Wilt



October Rides of Special Interest

It's that time again! The fall "Trash and Treasure" is on Sunday, October 5. 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!



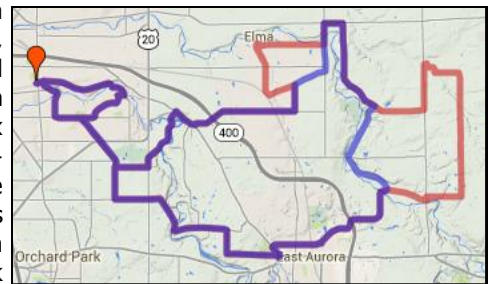
On **Sunday, October 12**, the Becker Farms Pumpkin (Fiesta) Ride is a long time club favorite. Enjoy a ride along beautiful country roads to [Becker Farms/Vizcarra Vinyards](#), a family-owned fruit and vegetable farm with a winery and brewery too!



Stay for lunch or a quick donut, or simply enjoy the sights and sounds of one of the area's best agritourism destinations.

On Coumbus Day, **Monday Oct. 13**, the scheduled 'special' NFBC ride is Ebenezer Scootch. Ebenezer is a hamlet in West Seneca and your ride start is the West Seneca Town Hall. Mill Road will begin easing you away from the more congested areas towards quieter roads in Aurora and Marilla. You will cross Cazenovia Creek twice on the way out, once on Mill, then Northrup, but the one on Northrup will be more of a down-and-up. The short and long routes will diverge at Woodard. For the long riders, at about 12 miles into your ride, you'll be making a right turn onto Chairfactory Rd. off of Bowen. This is a sharp right at the bottom of a little downhill and easy to fly right by, so watch for it. The routes recombine where Chairfactory connects with Girdle but shortly after, diverge again where Creek connects with Stolle. The short route riders will enjoy a scenic roll down Creek and Hemstreet roads with Buffalo Creek on the right. Long riders will regroup at a nice country store at Bullis and Two Rod before a gentle climb on Four Rod. The short and long will recombine and brush the village of East Aurora, where you'll encounter a

little traffic, but it will quiet down along Knox and Willardshire where you'll pass Knox Farm State Park with the distinctive horse farm fencing on the sides of the road. Once you cross old Transit, you're back on mainly residential streets that will conduct you back to the ride start. -Dennis Powell



The last ride of the season, the Como Park Cider Ride, is on **Sunday, October 26**, leaving from Como Lake Park. Have the traditional glass of cider on the ride, and/or tailgate afterwards, to celebrate another great NFBC riding season.

Job Opening—NFBC Newsletter Editor

I have decided that, after five years on the job, I would like to pass on the editorship of the *NFBC Newsletter* at the end of this year. I've enjoyed many aspects of the job and have learned a lot in the process.

This means we need **you**—someone who is willing to take on the editor's duties at the beginning of next season, with the March issue. I will be available to fill you in on the details, and provide any assistance until you're up and running. Let Linc Blaisdell (479-9431 or linc43@roadrunner.com) know of your interest, or ask me (633-2133 or elaine_rubey1@yahoo.com) for any information that might help you decide to do it.



The *NFBC Newsletter* allows the club to communicate with its members, rather than the public at large. It's our charge to provide all members with the final version of the monthly ride schedule in a timely manner. In addition, we advertise, promote, and report on the club's activities for members (parties, trips, meetings, special events), publish articles to encourage safe cycling habits, and inform members about issues that are of special interest to cyclists in general, as well as those specific to our community.

Many people (you know who you are!) have made the newsletter better and my job easier by being generous with their time and talents in writing, photography, and sending me information and story ideas of interest to club members. I've also been fortunate to have people who edited, proof-read and critiqued my efforts; this frequently made it seem more like I knew what I was doing than I did. My sincere thanks go to all of you.

Elaine



Contest: How many NFBC women does it take to change a flat?

Thanks to Deanna & Fred Talmud for the photographs.

A heartfelt Thank You for the many kindnesses shown me after my recent accident. Your generous well wishes and concern are very touching and appreciated. Again, Many Thanks to all of you!

--Tim Cleary

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 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"/> \$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.

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3637 Northcreek Run
Wheatfield NY 14120

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— Let the Ride Decide —

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