

NFBC NEWSLETTER

Dates to Remember

- Oct. 4 - Trash and Treasure
- Oct. 12 - Columbus Day ride
- Oct. 16 - General Meeting
- Oct. 18 - Sculpture Park Ride
- Oct. 31 - Last ride for 2015

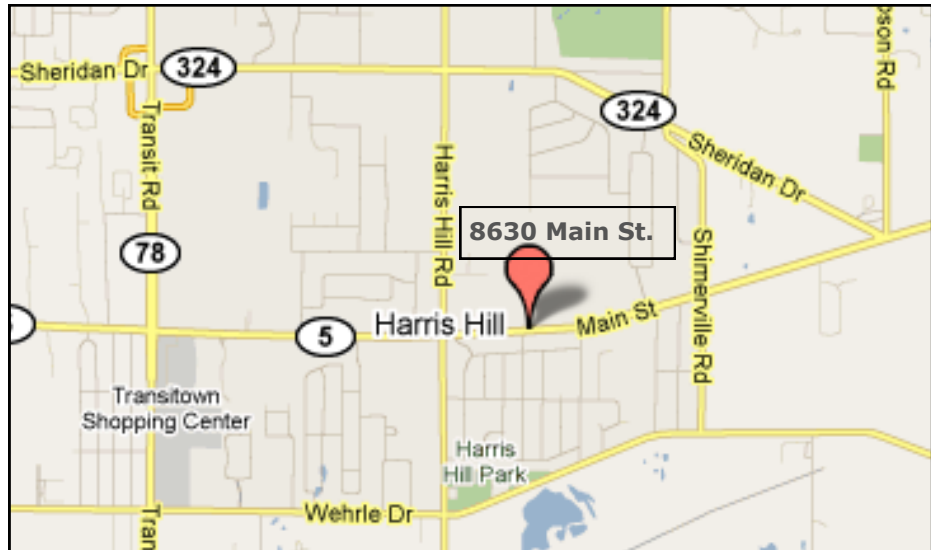
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www.nfbc.com

NFBC Fall General Meeting

NFBC will hold its Annual Fall General Meeting at the Harris Hill Volunteer Fire Hall (8630 Main St. in Clarence) on Friday, Oct. 16 at 7 PM. Each year the club holds two general membership meetings, in the fall and spring. This fall meeting provides the opportunity to review major club events of this season and to begin planning for next season. Refreshments will be provided.



PLEASE NOTE - The weekend rides for October will have **10 AM** start times. In the past, we have started these rides at 11 AM in October to allow the day to warm up a bit. Some folks felt that the 11 AM starts were putting the ride too much into the middle of the day, so the ride committee is trying the 10 AM starts this year for October. NOTE, the weekend "breakfast" rides will still have a 9 AM start as usual.

There are no EVENING weekday rides in October. A big THANK YOU goes out to the ride leaders who show up and take your name, prepare routes and cue sheets, get routes up on web site for Garmin downloads, email updates regarding weather conditions for their ride, email "Safety Tips" each week before their ride, email philosophical musings about their ride, coordinate pizza parties or dinner at a restaurant after their rides, all that you do to make it so much fun. You ride leaders are AWESOME!

All NFBC rides for 2015 end after the October 31 Cider Ride at Como Lake Park. The season goes by too quick.



NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

March 2015 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, October 03	10:00 AM	731	Brown's Berry Patch	40	Mod	710	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	
Sat, October 03	10:00 AM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Charles Grammer 713-1469
Sun, October 04	10:00 AM	364	Fall Trash & Treasure	28 / 24	Diff/Easy	1800/600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman
Sat, October 10	10:00 AM	732	Becker Farms Fiesta	41/34/27	Easy	?/ ?	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	
Sat, October 10	10:00 AM	409	The Burrough	40/22	Diff/mod	2300/1000	Elma Meadows	Bradshaw Hovey 857-0906
Sun, October 11	10:00 AM	743	Dande Farms	34	Easy	0	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	
Sun, October 11	10:00 AM	410	Dutch Hollow	0	XD/Mod	2500/1500	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Loren Danaher 430-1600
Mon, October 12	10:00 AM	746	Ebenezer Scootch	44 / 33	MD/Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Tim Cleary 807-7174
Sat, October 17	10:00 AM	719	Creek Road Canter	33/ 23	M-D/ EZ	1480/ 400	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	
Sat, October 17	10:00 AM	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, October 18	10:00 AM	758	Old Greenwalls	33	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	
Sun, October 18	10:00 AM	287	Skulpture Park Bike &	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, October 24	10:00 AM	347	Sanborn Scramble	30	Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	
Sat, October 24	10:00 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	Bruce Kennedy 713-6683
Sun, October 25	10:00 AM	335	Akron Junction	38 / 28	Easy	0	Parking lot on Sawmill at Main St., Clarence Hollow	
Sun, October 25	10:00 AM	27	Hamburg to Lake Erie	36 / 26	Easy	660	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 681-8178
Sat, October 31	10:00 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	

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	Joe Pizzuto 982-4142
	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 Bob Silkes 688-6246
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)	
Weekday AM Rides	10:00 AM in April, May,	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10 AM Lancaster	2 10 AM Clarence	3 9 AM Amherst Brown's Berry Patch The Plank
4 9 AM Buffalo Trash and Treasure	5 10 AM Pendleton	6 10 AM Tonawanda	7 10 AM Orchard Park	8 10 AM Lancaster	9 10 AM Clarence	10 9 AM Amherst Becker Farms Fiesta The Burrough
11 9 AM Buffalo Dande Farms Dutch Hollow	12 10 AM Pendleton Ebenezer Scootch	13 10 AM Tonawanda	14 10 AM Orchard Park	15 10 AM Lancaster	16 10 AM Clarence	17 9 AM Amherst Creek Rd. Canter Sisson Highway
18 9 AM Buffalo Old Greenwalls Skulpture Park	19 10 AM Pendleton	20 10 AM Tonawanda	21 10 AM Orchard Park	22 10 AM Lancaster	23 10 AM Clarence	24 9 AM Amherst Sanborn Scramble West Falls - Back Creek
25 9 AM Buffalo Akron Junction Hamburg to Lake Erie	26 10 AM Pendleton	27 10 AM Tonawanda	28 10 AM Orchard Park	29 10 AM Lancaster	30 10 AM Clarence	31 9 AM Amherst Como Park Cider Ride

The recurring day-of-the-week rides are indicated in italics.
Check the schedule on pg. 2 for ride times for Weekend Rides.

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 powell.dennis.j@gmail.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!

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.

**Sunday
October 18**



NFBC 2015 Banquet

Friday, November 20, 2015

Pearl Street Grill & Brewery

This year's celebration of the 2015 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 20, 2015**. Cash bar will be available at 6PM and a buffet dinner will be served at 7PM.

Buffet Dinner includes:

Garden Salad

Warm Breadsticks

Beer Braised Pot Roast

Chicken Piccata with a Creamy Lemon Sauce

Cheese Tortellini with Sun-dried Tomato Cream Sauce

Roasted Red Potatoes

Sautéed Seasonal Vegetables

Dessert Station of Home Baked Cookies, Brownies, Assorted Dessert Squares

Coffee

(A Fish Entrée is available for non-meat eaters – please note on reservation)

After mileage and service awards, we will have a DJ to spin your favorite tunes for dancing.

Banquet Reservation Form

Please indicate full names of those attending and note if you require the fish entrée. (If you have other special dietary needs, please let me know and I will see if Pearl Street can accommodate.)

Name _____

Fish Entrée please

Name _____

Fish Entrée please

_____ (number of persons attending) @ @30.00/person = \$ _____

Please register and make payment by **Friday, November 13** via Paypal at www.nfbc.com or Mail check (Payable to NFBC) and this reservation form to:

Kathleen Karnath
159 Wyeth Drive
Getzville, NY 14068

NEW NFBC JERSEY COMING SOON

Getting tired of the look of your older NFBC jerseys? Are they getting a little tattered around the edges? Do they have snag spots where your cat got her claws caught?

Kathy Karnath has worked with Primal Wear on a new jersey design for the NFBC. A graphic of the new design (below) was sent to the NFBC board for suggestions and comments. Most of the board favored the new design with some minor changes, like adding the NFBC logo someplace.

Once the design is finalized, details for ordering will be posted on the NFBC web site, the YahooGroups email list and a future edition of the newsletter.



Mockups provided for general design approval only.

Colors may vary slightly based on your viewing device. If you wish to match specific colors, please provide solid coated Pantone® values and we will do our best to match them.

We carefully construct our products by hand and final products may vary slightly from mockup.

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TRASH AND TREASURE RIDE

The picture at the right is from the 2015 Spring NFBC Trash and Treasure ride as Pat Danaher sets up to grill some dogs and burgers after the ride and roadside cleanup.

The club participates in the NYS Adopt-A-Highway program. Twice a year, once in spring, once in fall, we do a roadside litter pickup along Route 277 near Chestnut Ridge Park. After the ride and cleanup, there is lunch and refreshments. You can look forward to a great ride, an opportunity for a little give-back to the community and something to fill your belly with to recover from



your efforts. All you have to do is come out for the ride and leave a little time to hang out after. Gloves and safety gear are provided by the club. Yes, the roadside litter is largely trash but who knows what treasure you might find out there. If you're not fond of the terrain, consider stopping down to Chestnut Ridge Park about noon to help out and enjoy the party after.



Support the Local Bike Shops that support your NFBC



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Fax: 716-837-1307

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Williamsville, NY 14221
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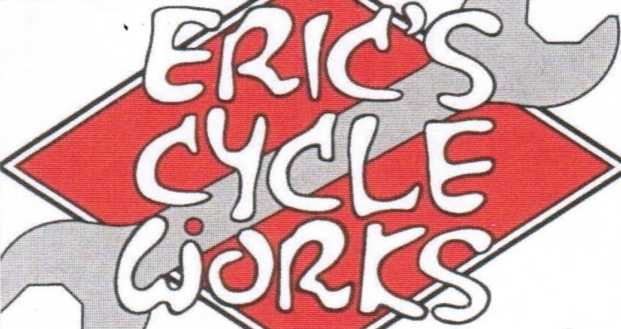


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<https://www.facebook.com/pages/Ericks-Cycle-Works/155835861117344?ref=hl>

Campus

wheelworks

Let the Ride Decide



Joan and Mike Maher hosted a party after the Kazoo ride on a Labor Day. Unlike last year, there was no hint of rain on an absolutely gorgeous day. Pictured on the left are the ride leader, Michelle Smith, chatting with her mom, Joan Maher.

Riders get ready to roll at the NFBC Club Picnic Ride out of Como Lake Park in Lancaster. There were plenty of ride options and plenty of food options at the picnic after the ride, something for everyone. Thanks go out to Jack Rimlinger for coordinating the picnic and all the volunteers who helped make it a success.



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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
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 2015

NFBC—We ride every day

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS

