

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

October 2016

We ride every day!

Volume 47, Issue 9

Dates to Remember

- Skulpture Park Hike and Bike - Oct. 16
- General Meeting - Oct. 21
- Trash and Treasure - Oct. 22
- Cider Ride - Oct. 30

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www.nfbc.com

It's time to vote for the club administration. The slate is:

President - Rob Nowinski
Vice President - Brenda Fischer
Secretary - Liz Skelton
Treasurer - Kathy Karnath
Board Member - Cindy Adams
Board Member - Jack Rimlinger
Board Member - Joe Pizzuto
Board Member - Jen Adolphe
Board Member - Michelle Bates

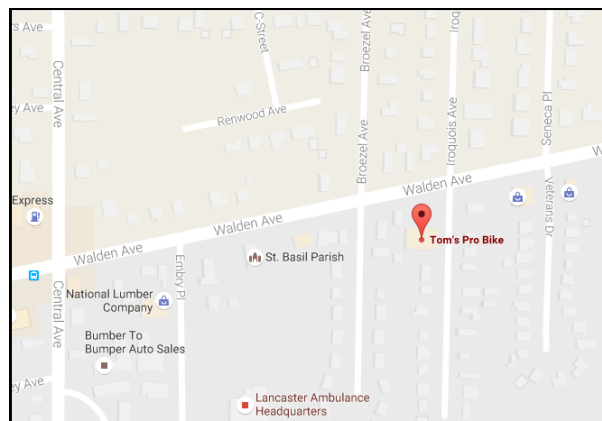
Note, due to misunderstanding between the nominating chair and the newsletter editor, the list of officers was incorrect in the **printed** version of the newsletter.

Elections take place at the Fall Membership Meeting (see below). Come on out and meet the NFBC's new administration. Refreshments will be served.

FALL GENERAL MEMBERSHIP MEETING

WHEN: OCTOBER 21, 7:00 PM

**WHERE: TOM'S PRO BIKE
3687 WALDEN AVE.**





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

Oct 2016 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sat, Oct 01	10:00AM	901	Clarence Day Ride - (selected based on weather of the day)	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis 837- 0089
Sat, Oct 01	10:00AM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Vicky Perry 445- 5861
Sun, Oct 02	10:00AM	347	Sanborn Scramble	30	Easy	0	North Amherst Fire Co. Tonawanda Crk. S & Campbell Blvd	Jo Ann Blatner 572- 8656
Sun, Oct 02	10:00AM	130	West Falls-Backcreek	37 / 33	MD	1800/1400	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Tim Cleary 807- 7174
Sat, Oct 08	10:00AM	732	Becker Farms Fiesta	41/34/27	Easy	? / ?	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	
Sat, Oct 08	10:00AM	409	The Burrough	40/22	Diff/mod	2300/1000	Elma Meadows	Tim Cleary 807- 7174
Sun, Oct 09	10:00AM	423	Mighty Lower Niagara	~30	0	0	Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	
Sun, Oct 09	10:00AM	410	Dutch Hollow	0	XD/Mod	2500/1500	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Michael Mieney 566-8909
Mon, Oct 10	10:00AM	746	Ebenezer Scootch	44 / 33	MD/Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Tim Cleary 807- 7174
Sat, Oct 15	10:00AM	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, Oct 15	10:00AM	402	Sisson Highway	58/ 32	XD/MD	3100/ 1300	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Sun, Oct 16	10:00AM	758	Old Greenwalls	33	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	
Sun, Oct 16	10:00AM	287	Skulpture Park Bike & Hike	31 / 21	Mod / Easy	1200/700	Griffis Skulpture Park, RT 219 to Ashford Hollow, R on Ahrens, L at Y, R on Mill Valley (CR 75), to lower lot on R	Pat Danaher 310- 8136
Sat, Oct 22	10:00AM	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 23	10:00AM	901	Clarence Day Ride - (selected based on weather of the day)	15-30	0	0	Community of Christ Church, 5030 Thompson Rd, Clarence	
Sun, Oct 23	10:00AM	27	Hamburg to Lake Erie	36 / 26	Easy	660	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sat, Oct 29	10:00AM	913	Swormville Day ride	15-30	0	0	St. Mary's Church, Transit and Stahley Rds.	Steve Papapanu 433-5256
Sat, Oct 29	10:00AM	917	Orchard Park Day Ride	15-30	0	0	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Pat Danaher 310- 8136
Sun, Oct 30	10:00AM	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	Linc Blaisdell 479- 9431

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	Fred Marcheson 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Carlos Torres (temp) 207-9968
	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	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Rich Amantia 983-8941
	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,
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 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9 AM Amherst Clarence Day Ride The Plank
2 9 AM Buffalo Sanborn Scramble West Falls/ Backcreek	3 10 AM Pendleton 6:00 PM Clarence 6:00 PM E. Aurora	4 10 AM Tonawanda 6:00 PM Pendleton	5 10 AM Orchard Pk. 6:00 PM Clarence 6:00 PM Orchard Pk.	6 10 AM Lancaster 6:00 PM Amherst 6:00 PM Lancaster	7 10 AM Clarence 6:00 PM Elma	8 9 AM Amherst Becker Farms Fiesta The Burrough
9 9 AM Buffalo Mighty Lower Niag Dutch Hollow	10 10 AM Pendleton 6:00 PM Clarence 6:00 PM E. Aurora	11 10 AM Tonawanda 6:00 PM Pendleton	12 10 AM Orchard Pk. 6:00 PM Clarence 6:00 PM Orchard Pk.	13 10 AM Lancaster 6:00 PM Amherst 6:00 PM Lancaster	14 10 AM Clarence 6:00 PM Elma	15 9 AM Amherst Creek Rd. Canter Sisson Highway
16 9 AM Buffalo Old Greenwalls Sculpture Park	17 10 AM Pendleton 6:00 PM Clarence 6:00 PM E. Aurora	18 10 AM Tonawanda 6:00 PM Pendleton	19 10 AM Orchard Pk. 6:00 PM Clarence 6:00 PM Orchard Pk.	20 10 AM Lancaster 6:00 PM Amherst 6:00 PM Lancaster	21 10 AM Clarence 6:00 PM Elma	22 9 AM Amherst Fall Trash and Treas- ure
23 9 AM Buffalo Clarence Day Ride Hamburg to Lk Erie	24 10 AM Pendleton 6:00 PM Clarence 6:00 PM E. Aurora	25 10 AM Tonawanda 6:00 PM Pendleton	26 10 AM Orchard Pk. 6:00 PM Clarence 6:00 PM Orchard Pk.	27 10 AM Lancaster 6:00 PM Amherst 6:00 PM Lancaster	28 10 AM Clarence 6:00 PM Elma	29 9 AM Amherst Swornville Day Ride Orch Pk Day Ride
30 9 AM Buffalo Como Park Cider Ride	31 END OF SEASON					

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 (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 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!

NFBC 2016 Banquet

Friday, November 18, 2016

Pearl Street Grill & Brewery

Last year's banquet venue was such a success, that we are planning a repeat performance! This year's celebration of the 2016 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 18, 2016**. 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 or Vegetarian entrée is available for non-meat eaters – please note on reservation)

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

☐

Vegetarian Entrée please

Name _____

☐

Fish Entrée please

☐

Vegetarian Entrée please

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

*Please register and make payment by **Friday, November 11** 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

Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Alas, the headline above will be no more.

For many, many years, Roy Tocha has been the person who'd collect my membership dues and send out the little card saying I was a member in good standing for that year. Roy also used to handle getting map packets out to members who purchased them, first with paper copies, then on a CD. The job has changed over the years. Many members can renew their membership using a credit card on the web site. The club no longer distributes map packets, the web site having all that information available at the click of a mouse. Technology didn't always subtract work for Roy. The Yahoo Groups email list was started during Roy's tenure. This meant Roy would have to keep up with maintaining who was on that list, so while some parts of the job got easier, there was added work with that. After 15+ years, Roy decided it was someone else's turn to take care of these chores.

Starting immediately, Michele Smith will be serving in the Membership Chair for the club. Having the handoff take place at the end of the 2016 season will give Michele plenty of time to get a feel for all that's involved with the job, so she should be up to speed by start of the 2017 season.

To Roy: A big **THANK YOU** for the many years you helped the club out with all that the Membership Chair entails.

To Michelle: **Thank YOU** for picking up where Roy left off with this thankless task. May the tedium of data entry and record keeping not dampen your enthusiasm for the club.

A wise person once said: "Nothing is permanent but change." Look for the headline that says:

Michele's Membership Update

KAZOO KLASSIC RIDE AND PARTY

Mike and Joanie Mayer hosted another great Labor Day party ride. Their daughter, Michele Smith, signed everyone in for the Kazoo Klassic ride. The weather was spectacular and a good number of club members came out for the ride. Many then headed over to the Mayer's for grilled turkey burgers, hot dogs and refreshments. Good company and good weather, it doesn't get much better.



Fred Marcheson conferring wit and wisdom on his audience.



Party hosts Mike and Joanie Mayer



Incoming President Rob Nowinski with Dick Swank. In the background is outgoing President Linc Blaisdell.



The NFBC's Club Picnic Chairperson Jack Rimlinger chilling with Gary Stevens.



Sue Alessi and Deanna Talmud enjoying the shade at the party.

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 16**

**Saturday
October 22**

Trash & Treasure—John Herman

The Ride: The ride starts at 10AM. 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!



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



Tom Lonzi
Owner

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716.651.9995

9430 Transit Road
716.688.2453

tlonzi@tomsprobike.com



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Phone: 716-837-4882
Fax: 716-837-1307

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Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1138

Henrietta: 100 Jay Scotti Blvd.
Henrietta, NY 14623
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Fax: 585-424-7482



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Michael & Heather Trost



Niagara Frontier Bicycle Club

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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	Email	Newsletters	Postal Newsletters
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:

1. 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.

2. All riders must wear a Snell or ANSI approved bicycle helmet.

3. Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

4. Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

5. 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.

6. Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

7. Riders make certain there is adequate safe space between themselves and the rider in front.

8. 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 2016

NFBC—We ride every day

Niagara Frontier Bicycle Club
P.O. Box 211
Buffalo, New York 14226-0211

