

# NFBC NEWSLETTER

## Dates to Remember

- Oct. 1 - Trash and Treasure
- Oct. 13 - Fall General Meeting
- Oct. 29 - Last NFBC ride of 2017

## Inside this Issue

Banquet	4
Trip Report	5
NFBC Meeting Minutes	6
Treasurer's Report	7
Special Rides	8

[www.nfbc.com](http://www.nfbc.com)

## The Close of the 2017 Riding Season

Too soon, the 2017 cycling season is coming to an end. But don't put the bike on the trainer stand quite yet. There's still plenty of great rides for the month of October.

There are many new riders in the club. For anyone who's not familiar with the Skulpture Park Bike and Hike, if the weather cooperates, this is one ride you MUST do. Yes, the ride start is a little distant from where most of our club lives. Yes, it's got a little elevation in the route. But there is NOTHING that most folks who have been riding all summer can't handle for climbs. The route is very scenic (especially on a bright fall day), the after-ride picnic is a lot of fun and Griffis Sculpture Park is really something to see and an enjoyable hike.

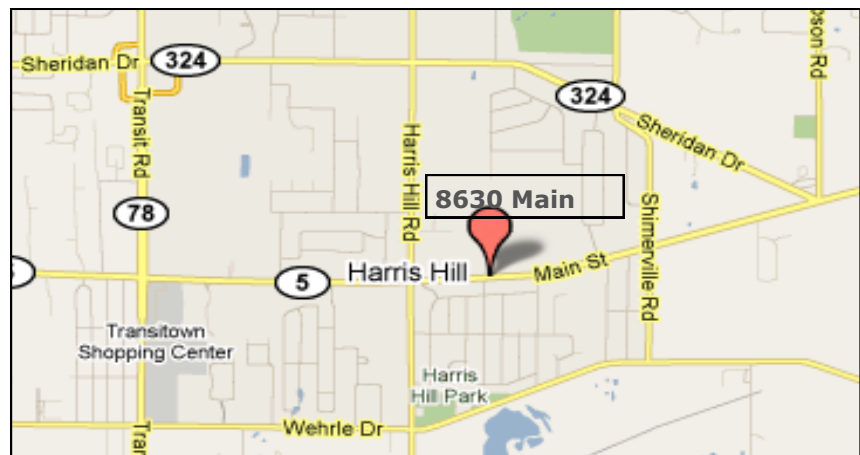
I'm not saying the north ride that day (Old Greenwalls) is bad. You WILL be able to say you got your exercise in for the day. The Skulpture Park ride will be much more, an experience that the memories of are sure to bring a smile to your face.

If it rains, look for it next year. If it's a nice, sunny fall day, just plan on being there.

## FALL GENERAL MEMBERSHIP MEETING

**WHEN: OCTOBER 13, 7:00 PM**

**WHERE: HARRIS HILL FIRE HALL  
8630 MAIN ST.  
WILLIAMSVILLE**





**NIAGARA FRONTIER**  
**BICYCLE CLUB, INC.**  
*We Ride Every Day*

## October 2017 WEEK-END RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Rating	Elev	Start Location	Ride Coordinator
Sun, Oct 01	10:00 AM	364	Fall Trash & Treasure	28 / 24	Dif / Easy	1800/600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Sat, Oct 07	10:00 AM	732	Becker Farms Fiesta	41 / 34	Easy	746/513	Nelson C Goehle Marina (Wide Waters) E Market St & Coldspring Rd., Lockport	David Arlington
Sat, Oct 07	10:00 AM	409	The Burrough	40 / 22	Dif / Mod	2300/1000	Elma Meadows	John Tjahjadi 908-2191
Sun, Oct 08	10:00 AM	719	Creek Road Canter	33 / 23	Mod / Easy	1480/ 400	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	
Sun, Oct 08	10:00 AM	410	Dutch Hollow	32 / 26	Dif / Mod	2500/1500	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Julie Alsani 474-0622
Mon, Oct 09	10:00 AM	746	Ebenezer Scootch	44 / 33	Mod	1210	West Seneca Town Hall, Union & Main, West Seneca	Tim Cleary 807-7174
Sat, Oct 14	10:00 AM	423	Mighty Lower Niagara (redo of 730)	29/ 43	EZ/ EZ	1011/ 769	Cambria Town Hall, 4160 Upper Mountain Rd, at Cambria Rd.	
Sat, Oct 14	12:00 AM	402	Sisson Highway	58 / 32	XD / Mod	3100/ 1300	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Richard Swank
Sun, Oct 15	10:00 AM	758	Old Greenwalls	33 /	Easy	324	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Steve Papapanu 433-5256
Sun, Oct 15	10:00 AM	287	Skulpture Park Bike & Hike	31 / 21	Mod / Easy	1200 / 700	Griffis Skulpture Park, RT 219 to Ashford Hollow, R on Ahrens, L at Y, R on Mill Valley (CR 75), to lower lot on R	Pat Danaher 310-8136
Sat, Oct 21	10:00 AM	901	Clarence Day Ride - (selected based on weather of the day)	40 / 20	Easy	0	Community of Christ Church, 5030 Thompson Rd, Clarence	
Sat, Oct 21	10:00 AM	426	Belcher	32 / 22	XD / Dif	2500 / 1800		Joseph Powers 698-2831
Sun, Oct 22	10:00 AM	761	East Amherst - Akron Falls	40 / 30	Easy	0	Williamsville East H.S., Paradise , off of Klein, E. Amherst	
Sun, Oct 22	10:00 AM	27	Hamburg to Lake Erie	36 / 26	Easy	660	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Charles Grammer 713-1469
Sat, Oct 28	10:00 AM	913	Swormville Day ride - (selected based on weather of the day)	40 / 20	Easy	0	St. Mary's Church, Transit and Stahley Rds.	David Arlington
Sat, Oct 28	10:00 AM	903	Elma Day Ride - (selected based on weather of the day)	40 / 20	Mod	0	Elma Meadows Park, Girdle & Rice Rds	Pat Danaher 310-8136
Sun, Oct 29	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  
 XXX = Extra Extra Difficult

## DAY OF THE WEEK RIDE SCHEDULE

DAY	TIME	RIDE START	RIDE LEADER
<b>Monday</b>	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	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
<b>Tuesday</b>	AM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 860-9039
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	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)	Peg Walker 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277, Orchard Park, NY	Frank Soltiz, 937-6924
<b>Thursday</b>	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
<b>Friday</b>	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,
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase 632-5636
<b>Sunday</b>	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.

# NFBC 2017 Banquet

**Friday, November 17, 2017**

**Pearl Street Grill & Brewery**

This year's celebration of the 2017 NFBC biking season will be held at Pearl Street Grill & Brewery, located at 76 Pearl Street, Buffalo, NY 14202 on **FRIDAY, November 17, 2017**. 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***

***Sweet Ending Station of Assorted Desserts & Coffee***

***(A Vegan and Gluten Free entrée is available upon request – please note on reservation)***

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

**Cost is only \$30.00 per person.** Please register as soon as possible! Send the completed form below along with your check made payable to NFBC to the address below.

## Banquet Reservation Form

*Please indicate full names of those attending and note if you require special meal service.*

**Name** \_\_\_\_\_

Gluten Free Entrée

Vegan Entrée please

**Name** \_\_\_\_\_

Gluten Free Entrée

Vegetarian Entrée please

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

*Please register and make payment by **Wednesday, November 1***

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

Karen Ostrum  
6141 Marriet Ct  
East Amherst. NY 14051

### Cycling Trip Report from Brad Russell (non NFBC trip)

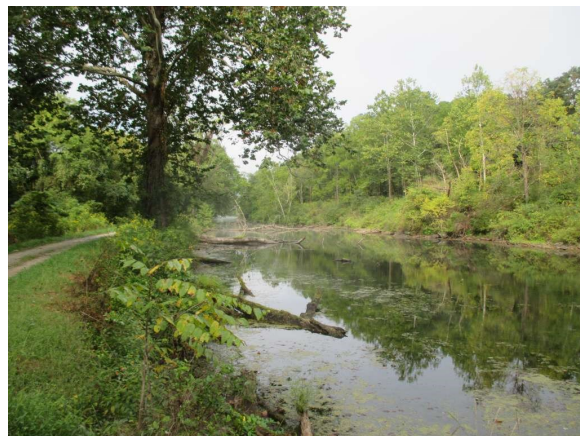
Bob Ehrheart, Bill Loftus and Brad Russell were off for another post Labor Day adventure on their fully loaded hybrid and trail bikes cycling the C&O Canal Path from Cumberland, Md. to Williamsport, Va. The purported purpose was to attend the 50th birthday party for our favorite "good samaritan," Cindy, who came to Bill's rescue 4 years ago after a cycling accident. In reality, it's a gorgeous ride on single track hard pack, grass, and gravel, when dry, and nasty mud and puddles when soggy.

We got the "soggy" on the first day of the adventure and splashed our way through four hours of nastiness. But the next four days more than made up for the misery on the first and the scenery was spectacular. Even though this was our fourth adventure on the GAP/C&O which connects the point in Pittsburgh with the infamous Watergate Hotel in Washington, D.C., the scenery is just as spectacular today as it was on our first trip back in 2013.

If you don't mind loading up your bike with panniers and only averaging 10 mph (or less) on trail bikes, it's absolutely a trip worth taking. With motels, B&B's and bunk houses strategically located along the way, the whole trip can be completed with a solid roof over the head. If you want to rough it with tents and sleeping bags, that's an option, too. We preferred the former, meandered down to our birthday party in Williamsport over three days, celebrated enthusiastically with our "party girl" rescuer and returned to Cumberland over the following two days.

Many good memories from a fantastic trip. Thank you, Justice William O. Douglas, for saving this beautiful pathway for all of us to enjoy.

Bradley A. Russell.



Minutes NFBC Board Meeting

17SEP2017

**Board Members:**

Liz Skelton, Kathy Karnath, Dennis Powell, Jack Rimlinger, Joe Pizzuto - absent Michelle Smith - absent, Jen Adolf, Michelle Bates, Rob Nowinski, Cindy Adams, Brenda Fisher

Treasury - Kathy Karnath provided copies of current NFBC expenditures and balance spread sheet.

NEW BUSINESS

Reinstating 2016 miles to those members whose miles were not counted last season due to a website glitch. Rob N will work with Walt K to add the 2016 miles to the 2017 mileage total for those members affected.

NFBC Banquet will be held 11/17 at Pearl Street Grill, per Karen Ostrum; cost will be subsidized by the club.

General Meeting will be FRI 10/13 at Harris Hill Firehall, pending confirmation. Cindy will get the pizzas.

Agenda for gen meeting:

--Banquet, location, date, deadline for confirming

--Newsletter changes

--Rob will announce that miles will be reinstated from last year's snafu with registration, and they will be added to this year's miles.

--Safety issues!

--Insurance and guest riders; Change to by-laws

--Cindy will talk about the club trip for 2018

--Janice needs help with advocacy, Rob will ask for volunteers

Awards: Rob will contact Linc to discuss what needs to be done to get the awards ready. The board members will try to find ways to encourage the award winners to attend the dinner.

Rob needs Suggestions for awards:

Rider Leader

Volunteer

Service Award

President's

Rob will send the board history on who has won awards in the past. Board members will send suggestions via email.

Kathy K suggested - A free drink for every ride leader at the banquet ! All board members approved. Liz to send list of 2017 ride leaders to board.

Brenda F mentioned changing by-laws to reflect that the newly elected members and board take office on Jan 1, and that change has already been made.

Discussion of finding someone to function as backup for the work that Walt Kammerer does to tally mileage for the club..

Respectfully submitted,  
Liz Skelton, Secretary

NIAGARA FRONTIER BICYCLE CLUB, INC.  
2017 TREASURER'S REPORT

	Period ending 1/31/17	Period ending 2/28/17	Period ending 3/31/17	Period ending 4/30/17	Period ending 5/31/17	Period ending 6/30/17	Period ending 7/31/17	Period ending 8/31/17	Period ending 9/30/17	Period ending 10/31/17	Period ending 11/30/17	Period ending 12/31/17	YTD 2017
<b>REVENUES</b>													
Banquet													\$0.00
Can Am													\$0.00
Jerseys													\$1,251.36
Map Packs													\$0.00
Donation													\$0.00
Membership Dues	\$281.51	\$1,365.96	\$1,829.85	\$1,688.16	\$856.27	\$1,001.89	\$150.00		\$817.77				\$7,891.38
Picnic													\$0.00
Club Tip													\$0.00
Miscellaneous													\$0.00
Sales Tax Refund													\$0.00
<b>TOTAL REVENUE</b>	<b>\$281.51</b>	<b>\$1,365.96</b>	<b>\$1,829.85</b>	<b>\$1,688.16</b>	<b>\$856.27</b>	<b>\$1,001.89</b>	<b>\$400.04</b>	<b>\$60.02</b>	<b>\$817.77</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$9,142.74</b>
<b>EXPENSES</b>													
Adopt-a-Highway													\$165.34
Awards	\$463.00												\$0.00
Bank Fees													\$0.00
Banquet	\$32.78												\$32.78
CanAm													\$0.00
Club Picnic													\$0.00
Donations (Ride starts)													\$0.00
Dues (Lab, Adventure Cyclist)													\$0.00
General Membership Meetings													\$0.00
40th Anniversary Event													\$0.00
Silver Wheels Picnic													\$0.00
Historian													\$0.00
Insurance			\$1,899.68										\$1,899.68
Jerseys													\$0.00
Promotion/Logo													\$0.00
Map Packs													\$0.00
Membership				\$14.70									\$14.70
P.O. Box													\$0.00
Ride Committee	\$41.96	\$233.46	\$131.63	\$75.63		\$20.00	\$65.90	\$202.66	\$216.92				\$1,077.16
Sales Tax			\$276.31										\$276.31
Newsletter		\$66.88	\$31.40			\$34.59	\$77.80		\$41.93				\$282.28
Sunshine													\$0.00
Supplies	\$22.95	\$2.08											\$2.08
Website		\$45.90	\$45.90	\$1.78	\$24.90								\$141.43
Club Tip													\$0.00
<b>TOTAL EXPENSES</b>	<b>\$560.69</b>	<b>\$2,621.98</b>	<b>\$4,499.94</b>	<b>\$772.41</b>	<b>\$154.60</b>	<b>\$209.93</b>	<b>\$1,880.70</b>	<b>\$1,355.15</b>	<b>\$671.24</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$7,729.64</b>
<b>TOTAL SURPLUS/(SHORTFALL)</b>	<b>-\$279.18</b>	<b>-\$1,256.02</b>	<b>\$1,329.91</b>	<b>\$1,610.75</b>	<b>\$701.67</b>	<b>\$1,745.23</b>	<b>-\$1,880.66</b>	<b>(\$1,305.13)</b>	<b>\$146.53</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$1,413.10</b>
Cash Balance - Beginning	\$10,025.48	\$10,646.50	\$9,390.48	\$10,720.38	\$12,231.14	\$12,932.81	\$14,676.04	\$13,495.38	\$12,192.25	\$12,338.78	\$12,338.78	\$12,338.78	\$10,925.69
Cash Balance - Ending	\$10,646.50	\$9,390.48	\$10,720.38	\$12,231.14	\$12,932.81	\$14,676.04	\$13,495.38	\$12,192.25	\$12,338.78	\$12,338.78	\$12,338.78	\$12,338.78	\$10,925.69
<b>Cash Account Reconciliation</b>	January \$10,646.50	February \$9,390.48	March \$10,720.38	April \$12,231.14	May \$12,932.81	June \$14,676.04	July \$13,495.38	August \$12,192.25	September \$12,192.25	October \$12,338.78	November \$12,338.78	December \$12,338.78	
<b>Balance per "Bank" Statement</b>	\$10,646.50	\$9,465.48	\$10,941.06	\$12,231.14	\$12,932.81	\$14,676.04	\$13,495.38	\$12,192.25	\$0.00	\$0.00	\$0.00	\$0.00	
add: Unrealized Deposits		\$75.00	\$430.00										
less: Outstanding Checks			\$60.67										
<b>Adjusted Balance per Bank Statement</b>	\$10,646.50	\$9,390.48	\$10,720.38	\$12,231.14	\$12,932.81	\$14,676.04	\$13,495.38	\$12,192.25	\$0.00	\$0.00	\$0.00	\$0.00	
<b>Unreconciled Difference</b>	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	
M T Savings Beginning Balance	\$10,907.96	\$10,908.88	\$10,908.72	\$10,910.65	\$10,911.54	\$10,912.47	\$10,913.37	\$10,914.29	\$10,915.22	\$10,915.22	\$10,915.22	\$10,915.22	
M T Savings Account Interest	\$0.94	\$0.94	\$0.93	\$0.93	\$0.93	\$0.90	\$0.92	\$0.85	\$0.85	\$0.85	\$0.85	\$0.85	
M&T Savings Ending Balance	\$10,908.88	\$10,909.72	\$10,910.65	\$10,911.54	\$10,912.47	\$10,913.37	\$10,914.29	\$10,915.22	\$10,915.22	\$10,915.22	\$10,915.22	\$10,915.22	
<b>Total Assets</b>	<b>\$21,555.38</b>	<b>\$20,300.20</b>	<b>\$21,631.04</b>	<b>\$23,142.68</b>	<b>\$23,845.28</b>	<b>\$25,589.41</b>	<b>\$24,409.67</b>	<b>\$23,107.47</b>	<b>\$23,254.00</b>	<b>\$23,254.00</b>	<b>\$23,254.00</b>	<b>\$23,254.00</b>	

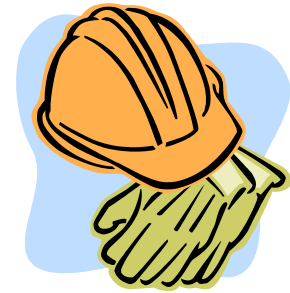
**Sunday  
October 1**

## 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), 600 ft. elevation, and 28 mi. (diff), 1800 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

**Sunday  
October 15**



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.



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



**Tom Lonzi**  
Owner

3687 Walden Avenue  
716.651.9995

9430 Transit Road  
716.688.2453

tlonzi@tomsprobike.com



**Main Office:** 4050 Southwestern Blvd.  
Orchard Park, NY 14127  
Phone: 716-846-0028  
Fax: 716-846-3828

**Tonawanda:** 1550 Niagara Falls Blvd.  
Tonawanda, NY 14150  
Phone: 716-837-4882  
Fax: 716-837-1307

**Williamsville:** 7510 Transit Rd.  
Williamsville, NY 14221  
Phone: 716-634-4882  
Fax: 716-633-1138

**Henrietta:** 100 Jay Scotti Blvd.  
Henrietta, NY 14623  
Phone: 585-424-2777  
Fax: 585-424-7492

Bertsbikes.com  
*Bicycles & Fitness  
Sales & Service*  
**John Jansen**  
Director of Training  
jjansen@bertsbikes.com



**716-835-0334**  
685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223  
(Corner of Englewood & Starin)  
E-Mail: contact@handlebarscycleco.com  
Website: handlebarscycleco.com

SALES & SERVICE



Repairs All Makes & Models • Bicycles & Related Parts

9059 Main St. Michael & Heather Trost  
Clarence, NY 14031  
**(716) 626-1419**  
www.cyclesplusonline.com

**NFBC NEWSLETTER DEADLINE**

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) 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 editor@nfbc.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!

## Niagara Frontier Bicycle Club

### Board of Directors

**President**

Robert Nowinski (490-0752)  
33 Seneca Parkside  
Buffalo, NY 14210  
president@nfbc.com

**Vice-President**

Brenda Fischer (984-1415)  
11 Lake Forest Parkway  
Lancaster, NY 14086  
vice-president@nfbc.com

**Secretary**

Liz Skelton (400-6091)  
38 Brandel Ave  
Lancaster, NY 14086  
secretary@nfbc.com

**Treasurer**

Kathy Karnath (688-2968)  
159 Wyeth Dr.  
Getzville, NY 14068  
treasurer@nfbc.com

**Board Members**

Cindy Adams (308-0774)  
55 Rehm Rd.  
Lancaster, NY 14086  
cynthia12@roadrunner.com

Jennifer Adolf (479-2578)  
32 Carter St.  
Lancaster, NY 14086  
jadolf23@gmail.com

Michelle Bates (901-6240)  
278 Patrice Terrace  
Williamsville, NY 14221  
mlbb2323@gmail.com

Joseph Pizzuto (982-4142)  
147 Frontenac Ave.  
Buffalo, NY 14216  
jpizz147@yahoo.com

Jack Rimlinger (741-8512)  
70 Blacksmith Dr.  
E. Amherst, NY 14051  
jackrim49er@gmail.com

**Membership Chairperson**

Michele Smith (479-0841)  
1537 Sundance Trail  
Lakeview, NY 14085  
membership@nfbc.com

**Newsletter Editor**

Dennis Powell (691-6233)  
95 Briar Hill Rd  
Orchard Park, NY 14127  
editor@nfbc.com

**Bicycling Advocate**

Janice Cochran (837-0402)  
19 Carmen Rd.  
Amherst, NY 14226  
jcochran@buffalo.edu

**Club Historian**

Jim Vozga (462-0200)  
5830 Strickler Road  
Clarence, NY 14031  
voz@aol.com

**Newsletter Circulation**

Brigitte Soltiz  
bsoltiz@gmail.com

**Webmaster**

Ron Penton  
webmaster@nfbc.com

**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 releases 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 releases 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 releases, I will indemnify, save, and hold harmless each of the releases 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
<b>TOTAL</b>	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:  
 NFBC Inc.  
 c/o Michele Smith  
 1537 Sundance Trail  
 Lakeview, NY 14085

In order to receive the Newsletter link by email, you must belong to [nfbc@yahoogroups.com](mailto: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 2017

*NFBC—We ride every day*

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

