



October 2020

We Ride Every Day

Volume 51 Issue 7

NFBC Newsletter

What's Inside

Top Ways to Stay Visible
While Biking P.2

Leaderless rides for
October PP 3,4

Editors Wanted P.4

Sunshine Committee
Chair Wanted P 4

Photos P. 5 and 9

Welcome New
Members P.6

NFBC Governing Board

You may not know this- It's an **ELECTION YEAR!**

The NFBC has a governing board made of officers and five board members. Elected Board members serve a term of two years.

This year, the nominating committee selected two candidates to replace Kathy Karnath (Treasurer) and Cindy Adams (Board Member) as they voluntarily step down from their positions. Nominated are Jason Deckert (Board Member) and Mike Viggato (Treasurer).

Club elections usually take place at the Fall Membership meeting; however, due to COVID, the October meeting has been canceled. With this in mind, Jason and Mike will assume board member roles on an interim basis until the next scheduled membership meeting when the nominated slate can be voted on.

The nomination slate presented for 2020:

President- Brenda Fischer
Vice President- Liz Skelton
Secretary- Michelle Bates
Treasurer- Mike Viggato
Board member- Jason Deckert
Board member- Bradshaw Hovey
Board member- Jen Adolf
Board member- Dave Dunkle
Board Member- Jim Turner

Top Ways to Stay Visible While Cycling

Cycling is an excellent way to stay healthy and it's a great stress reliever, but when you're cycling it is very important to make yourself as visible as possible. There's no way to eliminate all the risks of cycling, but when you make yourself visible the risks are lowered quite a bit. Take these five steps to ensure you are visible to drivers and to people around you in all weather when you are cycling:

Invest in a Vest

Safety vests aren't just for school crossing guards anymore. Modern safety vests are must-have equipment for anyone who likes to exercise outdoors. Cycling is a lot safer when you have a safety vest on. Today's safety vests are very light and made from highly reflective material. Some of them even have LED lights embedded in them so that there is no way a driver can miss you. And safety vests are inexpensive so you can keep one in your cycling gear bag, one in your office, and one at home. That way you'll always have one when you want to go for a ride.

Light Up Your Bike

Adding lights to your bike is a smart way to make yourself more visible when you're riding. You can install headlights and taillights or just choose a stick-on set of LED lights that will automatically glow when it gets dark. LED light strips can be placed on the handlebars, pedals, cross bar, and the body of the bike so that the entire bike is visible to drivers when you're riding at night. Avoid using flashing lights while cycling. Although flashing lights may improve your chances of getting noticed, flashing bike lights have been shown to have a negative impact on people with photosensitive epilepsy.

Make Some Noise

If you're in a driver's blind spot it doesn't matter how visible you are — that driver won't be able to see you. Having a horn, bell, or some other type of noisemaker on your bike is a good backup for situations where you really aren't visible to drivers. You can also put noisemakers in the spokes of your wheels that will let walkers and runners know that you're there when you are riding on trails.

Use A Head Lamp

A head lamp is another piece of safety equipment that all cyclists need to have. They're inexpensive and highly effective. A head lamp also will keep you safer by lighting the path so you can see where you're going and you can see any potential obstacles in your way. An easy way to wear a head lamp is to upgrade your helmet to a helmet that has a head lamp built into it.

Wear Bright Colors

Neon colored clothing and shoes can also keep you more visible when you're cycling. You don't need to wear head to toe neon but some bright colored patches or reflective tape will go a long way towards making you more visible to drivers. Reflective tape and adhesive glow-in-the-dark patches for runners and cyclists are an inexpensive safety item that all cyclists should be using.

This article was created by Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. Be sure to review your local cycling ordinances to ensure you ride safe and legally!



The Rides listed below are the weekend rides scheduled for October. They are listed for your information and use. There will be no leader or sign in sheet at the ride and, obviously, no Club mileage will be recorded. Check the website for weekday rides. Please be safe and careful.

409	The Burrough	Sat, Oct 3	10:0 0 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	40 / 22	2300 / 1000	DIFF / MOD	Leade rless Ride ()
707	Ransomville Ramble	Sat, Oct 3	10:0 0 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	41 / 33		EZ	Leade rless Ride ()
402	Sisson Highway	Sun , Oct 4	10:0 0 AM	Parking Lot behind fire hall, Hamburg	58 / 32	3100 / 1300	XD / MD	Leade rless Ride ()
724	Pleasant Country Ride	Sun , Oct 4	10:0 0 AM	Clarence Town Park (Town Park on Goodrich), Clarence	45 / 36 / 25	1100 / 700 / 500	EZ	Leade rless Ride ()
342	Butterwood Bakery Ride	Sat, Oct 10	10:0 0 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	31 / 21	2000 / 1000	DIFF / MOD	Leade rless Ride ()
725	Alabama Ramble	Sat, Oct 10	10:0 0 AM	Clarence Middle School, Clarence	50 / 41 / 26	1040 / 818 / 543	MOD / EZ	Leade rless Ride ()
27	Hamburg to Lake Erie	Sun , Oct 11	10:0 0 AM	Parking Lot behind fire hall, Hamburg	36 / 26	660	EZ	Leade rless Ride ()
727	East Pembroke Oakfield	Sun , Oct 11	10:0 0 AM	E. Pembroke Central School (approx. 4.75 miles East of Rt. 77), East Pembroke	43 / 32	1191 / 900	EZ	Leade rless Ride ()
746	Ebenezer Scootch	Mon , Oct 12	10:0 0 AM	West Seneca Town Hall, West Seneca	44 / 33	1210	MD / MOD	Leade rless Ride ()
287	Skulpture Park Bike & Hike	Sat, Oct 17	10:0 0 AM	Griffis Sculpture Park (RT 219 to Ashford Hollow, R on Ahrens, L at Y, R on Mill Valley (CR 75), to lower lot on R), East Otto	34	1200 / 700	MOD / EZ	Leade rless Ride ()
744	Oak Orchard	Sat, Oct 17	10:0 0 AM	Russel Town Park (Clinton & Main St.), Akron	46 / 34	1021 / 698	MOD	Leade rless Ride ()

903	Elma Day Ride	Sat, Oct 24	10:00 AM	Elma Meadows Park (Girdle & Rice Rds), Elma	~14-27		DIFF / MOD / EZ	Leaderless Ride ()
449	Creekside Adventure	Sun, Oct 25	10:00 AM	Ellicott Creek Island Park (Off Niagara Falls Blvd on Creekside), Tonawanda	~30	251	EZ	Leaderless Ride ()
399	Como Park Cider Ride	Sat, Oct 31	10:00 AM	Como Park (First parking lot on the right from the Como Park Blvd entrance), Lancaster	33 / 24 / 21	820 / 486 / 453	MOD / EZ	Leaderless Ride ()

Wanted: Newsletter Editor(s)

Looking for a way to contribute to the Niagara Frontier Bicycle Club? The Newsletter is currently published ten times per year, and includes the ride and party schedule, as well as meeting notices and other biking articles of interest.

Duties include:

- solicit and edit articles and photos.
- compile and publish the Newsletter on the NFBC website.
- attend Board meetings.

Currently the Newsletter is prepared in Apple Pages and posted to the NFBC Website as a pdf file. Similar software will be necessary if you wish to do this.

The current editors will provide previous editions and information regarding the Newsletter. We will also be available to assist you if necessary.

Newsletter editors are appointed by the elected NFBC Board members, so if you are interested, please contact any Board member!

Wanted: Sunshine Committee Chairperson

Terry Turski has been Sunshine Committee Chairperson for years and she is ready to retire! The duties are simple: on behalf of the Club, send a card to a member who is sick or injured. Information will come from members who know the situation.

If you would like to take the job, please let an officer or board member know.



October 2020

We Ride Every Day

Page 5



Photos by Rainee Van Natter

www.nfbc.com



Welcome New Members

Robert Hugh Stephens

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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!



October 2020

We Ride Every Day

Page 7

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 conditions 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 may occur 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 DUTIES OF A RIDER (see NFBC website - documents).

NAME _____

STREET _____ Address Change? Y N

CITY _____

STATE _____ ZIP _____ PHONE _____

PRIMARY E-MAIL _____ Email Change? Y N

PRIMARY MEMBER NAME/GUARDIAN	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT SECOND MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT THIRD MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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PRINT FOURTH MEMBER NAME	SIGNATURE	DATE	MEMBER #	BIRTHDATE (if under 18)
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MEMBERSHIP FEE: Individual - \$25 _____ Renewing Member _____ or New Member _____

Family - \$40 _____ (includes any 2 adults and their children under 18 living at the same address)

Send check payable to NFBC along with signed application to: NFBC
c/o Charles Grammer
2801 George St.
Eden, NY 14057



October 2020

We Ride Every Day

Page 8

Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453



*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training

jansen@bertsbikes.com

Main Office:
4050 Southwestern Blvd.
Orchard Park, NY 14127
Phone: 716-646-0028
Fax: 716-646-3829

Tonawanda:
1550 Niagara Falls Blvd.
Tonawanda, NY 14150
Phone: 716-837-4862
Fax: 716-837-1307

Williamsville:
7510 Transit Rd.
Williamsville, NY 14221
Phone: 716-634-4882
Fax: 716-633-1139

Henrietta:
100 Jay Scutti Blvd.
Henrietta, NY 14823
Phone: 585-424-2777
Fax: 585-424-7482



October 2020

We Ride Every Day

Page 9

Niagara Frontier Bicycle Club



Photos by Rainee Van Natter



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