

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

September, 2012

We ride every day!

Volume 43, Issue 8

Dates to Remember

- Sept. 1, RIDE START TIMES CHANGE! Week-day morning rides will start at 10AM, and evening rides will start at 6PM
- Sept. 2, Club Picnic
- Sept. 16, Freedom Run Winery
- Nov. 16, NFBC Banquet

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www.nfbc.com

CanAm 2012: great times in all weather!

This year's CanAm weekend, (August 4-5) was a great success, thanks to the incredible efforts of the many NFBC members who worked together to plan and deliver a first-rate event. Only the weather provided a slight snag for part of Sunday's rides. The special Saturday rides (Architectural Tour and Greycliff) were well-attended and drew favorable reviews. The Saturday evening party at the Fontana Boathouse gave people a chance to socialize and pick

up materials for Sunday's rides. 228 people registered for CanAm 7, eleven of those on the ride day. Still, Sunday storm predictions reduced the typical number of walk-in registrations and the number of registrants who actually rode, and caused some riders to choose shorter routes and earlier starts. Twenty-four registrants were from states other than New York, 14 were Canadian citizens, and 56 were club members. More on CanAm on page 7.



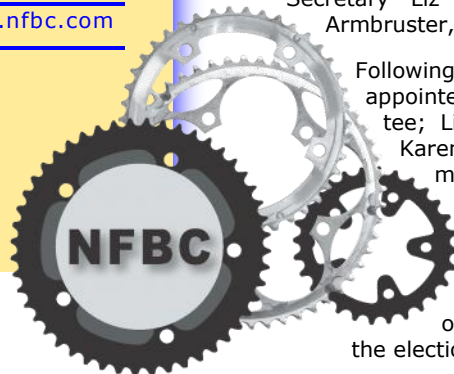
October NFBC Elections: Proposed Slate of Officers and Board Members

The election of officers and Board Members for 2013-2014 will be held at our annual meeting on Friday, October 19, 7PM at the Harris Hill Fire Hall. The two-year term of all four NFBC officers and five members of the Board of Directors terminates at the end of 2012.

The Nominating Committee will present the following slate of officers for election at the general meeting: President—Linc Blaisdell; Vice President—Cindy Stachowski; Secretary—Liz Williams; Treasurer—Joe Pizzuto; Board of Directors—Jane Armbruster, Ian Currie, Brenda Fischer, Dennis Powell, and Frank Soltiz.

Following Nominating Committee Guidelines, president Linc Blaisdell appointed Board Member Frank Soltiz to chair the nominating committee; Linc and Frank chose non-Board members Cindy Adams and Karen Ostrum to complete the committee. The Nominating Committee was charged with preparing the slate of nominations for the four officers and five of the seven members of the Board of Directors. Two additional Board Members, the Newsletter Editor and the Membership Chairperson, are appointed.

As per the Nominating Committee guidelines, nominations for officers and Board members may also be made from the floor at the election meeting.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

September 2012 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff.	Elev.	Start Location	Ride Leader
Sat, Sept 01	10:00 AM	394	Quilt Barns (New Ride)	41	Easy	0	Kendall Town Hall, 1873 Kendall Road, Kendall, NY	Rebecca Ribis 837-0089
Sat, Sept 01	10:00 AM	367	Baghdad Bunker	53 / 43	0	4200/ 2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 310-8136
Sun, Sept 02	10:00 AM	391	Elma Meadows Picnic Long Rides	45/ 33	X-D/ DIFF	2800/ 2000	Elma Meadows Park, Girdle & Rice Rds	Tim Cleary 807-7174
Sun, Sept 02	11:00 AM	390	Elma Meadows Picnic Short Rides	25/13	Mod/ Easy	500/ 300	Elma Meadows Park, Girdle & Rice Rds	Rich McCarthy 982-0626
Mon, Sept 03	10:00 AM	328	Kazoo Klassic II	37	MOD	1800	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5	Michele Smith 627-4352
Sat, Sept 08	10:00 AM	365	Around Grand Island	25	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds. Grand Island	Colin Fritz 510-4893
Sat, Sept 08	10:00 AM	213	Over Hill to Dale	42	XD	2700	HSBC Bank Parking lot, Rt 238 & Exchange St, Attica	Bradshaw Hovey 857-0906
Sun, Sept 09	10:00 AM	719	Creek Road Canter	35/ 23	M-D/ EZ	1480/ 40	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Betsy Dexheimer 585-343-5172
Sun, Sept 09	10:00 AM	259	Half-Baked Buns	34	MD	1540	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
Sun, Sept 09	10:00 AM	227	Boston Baked Buns	57	XXX	3500	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 861-8178
Sat, Sept 15	10:00 AM	727	East Pembroke	43/32	Mod/ Easy	1100/ 450	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Liz Skelton 435-0244
Sat, Sept 15	10:00 AM	284	Gowanda	81	XXX	5900	Public Lot behind Water & Main in Gowanda. South on US 62, L on Buffalo, R on Main, R on Water just after bridge.	Ron Wakefield 877-2140
Sun, Sept 16	10:00 AM	915	Freedom Run Wine Ride	44/27	Mod/ Easy	??/?	5138 Lower Mountain Rd., Lockport	Sue Williams 688-2981
Sun, Sept 16	10:00 AM	229	Knee Knocker	41 / 28	XD	2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John King 822-4808
Sat, Sept 22	8:00 AM	203	Century Challenge	102	XD	2300	Clarence Middle School, Greiner at Strickler	Tim Cleary 807-7174
Sat, Sept 22	10:00 AM	202	Metric Century Challenge	63	Mod	900	Clarence Middle School, Greiner at Strickler	Karen Sprada 684-9039
Sat, Sept 22	10:00 AM	201	41 Mile Challenge	41	Easy	500	Clarence Middle School, Greiner at Strickler	Karen Sprada 684-9039
Sun, Sept 23	10:00 AM	731	Brown's Berry Patch	40	Mod	0	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Randall Shortridge 798-1081
Sun, Sept 23	10:00 AM	381	Emery Bored	44	MD	1600	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 877-2140
Sat, Sept 29	3:00 PM	751	Sturgeon Pt.	31	Mod	900	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dick Swank 992-2404
Sun, Sept 30	10:00 AM	912	Welland Canal	0	0	0	Hatch	Ian Currie 601-7390
Sun, Sept 30	10:00 AM	118	Quaker Shaker	34	MD	1650	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd, (Rt's 277 & 20A) Orchard Park	Jody Snyder 864-5470

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	2952 Niagara Falls Blvd., near North French, behind Pet Supplies Plus, Amherst,	Alex Setlik, 692-7045
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Tom Williams, 688-2981
	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	Dave Klock, 681-5345
	PM	Pendleton Town Hall, 6570 Campbell Blvd., between Bear Ridge and Beach Ridge Rds.	Jim Mathews, 433-5317
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster (map link)	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	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 Sue Williams, 688-2981
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

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 September weekday morning rides will start at 10AM, and evening rides will start at 6PM.

SEPTEMBER 2012 AT A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check the Weekend Ride Schedule (page 2) for start times for weekend rides this month. The regular day-of-the-week rides are indicated in italics.</p>						<p>1 Amherst 9 AM QUILT BARNs Baghdad Bunker</p>
<p>2 Buffalo 9 AM CLUB PICNIC @ ELMA MEADOWS</p>	<p>3 Kazoo Klassic II</p>	<p>4 Tonawanda 10AM Pendleton 6PM Hamburg 6PM</p>	<p>5 Orchard Park 10AM Swormsville 6PM Orch. Park 6PM</p>	<p>6 Lancaster 10AM Pendleton 6PM Lancaster 6PM</p>	<p>7 Clarence 10AM Amherst 6PM Elma 6PM</p>	<p>8 Amherst 9 AM Around Grand Island Over Hill to Dale</p>
<p>9 Buffalo 9 AM Creek Rd. Canter Baked Buns (2)</p>	<p>10 Pendleton 10AM Clarence 6PM E. Aurora 6PM</p>	<p>11 Tonawanda 10AM Pendleton 6PM Hamburg 6PM</p>	<p>12 Orchard Park 10AM Swormsville 6PM Orch. Park 6PM</p>	<p>13 Lancaster 10AM Pendleton 6PM Lancaster 6PM</p>	<p>14 Clarence 10AM Amherst 6PM Elma 6PM</p>	<p>15 Amherst 9 AM East Pembroke Gowanda</p>
<p>16 Buffalo 9 AM Freedom Run Wine Knee Knocker</p>	<p>17 Pendleton 10AM Clarence 6PM E. Aurora 6PM</p>	<p>18 Tonawanda 10AM Pendleton 6PM Hamburg 6PM</p>	<p>19 Orchard Park 10AM Swormsville 6PM Orch. Park 6PM</p>	<p>20 Lancaster 10AM Pendleton 6PM Lancaster 6PM</p>	<p>21 Clarence 10AM Amherst 6PM Elma 6PM</p>	<p>22 Amherst 9 AM Century, Metric, 41 mi. Challenge</p>
<p>23 Buffalo 9 AM Brown's Berry Patch Emery Bored</p>	<p>24 Pendleton 10AM Clarence 6PM E. Aurora 6PM</p>	<p>25 Tonawanda 10AM Pendleton 6PM Hamburg 6PM</p>	<p>26 Orchard Park 10AM Swormsville 6PM Orch. Park 6PM</p>	<p>27 Lancaster 10AM Pendleton 6PM Lancaster 6PM</p>	<p>28 Clarence 10AM Amherst 6PM Elma 6PM</p>	<p>29 Amherst 9 AM Sturgeon Point 3PM</p>
<p>30 Buffalo 9 AM Welland Canal Quaker Shaker</p>	<p>Pendleton 10AM</p>	<p>Tonawanda 10AM</p>	<p>Orchard Park 10AM</p>	<p>Lancaster 10AM</p>	<p>Clarence 10AM</p>	

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 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!



September Rides of Special Interest

Rebecca Ribis will lead her new Quilt Barn Ride on **September 1**. The route will take you through scenic Orleans County to see orchards, farms, and barns decorated with hand painted quilt squares. This ride is designed for sight-seeing and fun.

Don't miss the annual NFBC picnic on **September 2** at Elma Meadows Park. Choose from among 4 rides of varying degrees of difficulty, and then enjoy the picnic organized by Jane Armbruster. Great food, dessert contest, raffles, and games in a covered pavilion—don't miss it! Detailed information on page six.

"It wasn't going to be run, then it was, then not sure, but, yes, it's on, the Freedom Run Wine Ride on Sunday, **September 16**. Starting at the very nice Freedom Run Winery on Lower Mountain Road, the ride rolls past many (most) of the Niagara Wineries. Stopping at the wineries is optional, but definitely partake of a tasting at our gracious hosts at the Freedom Run Winery. And be sure to check out the bathrooms, they're very dazzling." --Dennis

On Saturday, **September 22**, the last NFBC century

of 2012 will be offered. The Century Challenge and metric and 41-mile rides start in Clarence and explore territory to the east of us.

September's southtowns ride of the month is a hard choice because there are a lot of good rides each with its own attraction. I'm going to go with Sunday the **23rd's** Emery Bored though, because as everyone always says at the finish, "That was a great ride!" Who's to argue? A newer ride by Ron Wakefield out of Emery Park, it's not too hard and just the right distance. So come on out and get bored! --Pat

On Sunday, **September 29**, The Sturgeon Point ride will start at 3PM, to give riders the opportunity to meet up for dinner after the ride.



Freedom Run Winery Ride—Sue Williams

The Rides: A dual-mileage ride (44/27) in Niagara wine country.

Wine Tasting: Freedom Run Winery & Vineyards is open for wine tasting (and purchasing of wines) at 12 noon. There tasting room is lovely; they also have a delightful back porch where you can



enjoy a taste of wine as well as the view! Please plan to bring regular shoes or sneakers as it would be courteous if we would not wear cleats inside. Bring money for wine tasting: \$5 tasting fee will provide you tastes of 5 wines; there is an additional \$2 fee to taste their Ice Wine. Tasting fees are waived with a purchase of 6 or more bottles of wine! Check out the website www.freedomrunwinery.com

Directions: Freedom Run Winery, 5138 Lower Mountain Road, Lockport, NY 14094. Take Campbell Boulevard (NY 270) North; continue straight on NY 93 west onto Lockport Junction Rd.; turn left at Townline Rd. Spur and left onto Lower Mountain Road to 5138 Lower Mountain Road.



The NFBC Picnic

Sunday, September 2 @ Elma Meadows Park

Come join us for the NFBC Club Picnic, Sunday, September 2 at Elma Meadows Park, located at 1711 Girdle Road (at Rice Road), Elma, NY. To start the festivities, there will be several delightful rides from which to choose. All rides start from the main parking lot in front of the club house. Please check the ride schedule on page 2 to pick your ride.

Tim Cleary will sign in riders for the longer rides, which start at 10:00 AM. The shorter rides begin at 11:00 AM; Rich McCarthy will do the sign-in. Sue Williams will be at the ride starts (and at other times in the picnic shelter) to collect the \$5 picnic fee that will get you a ticket for lunch and entry into the prize raffle that will be held after lunch. Hold onto those tickets for both access to lunch and eligibility for prizes afterwards. You won't want to miss it!

Great prizes are being gifted from the local bike shops and other places of interest. MC Extraordinaire Tom Williams will be in charge.

After you work up an appetite from your ride, you may choose to change clothes in the club house and then come to the #1 shelter by driving back out of the main parking area and taking the park road that veers off to the left. By staying left, you will come to the #1 shelter, which is where you will find us. (For a park map, go to the Erie County

Parks website: <http://www2.erie.gov/parks/index.php?q=elma-meadows-golf-course-amp-park-park-map>

Lunch will be served at approximately 12:30. The picnic will be held **RAIN OR SHINE** in the shelter. There is ample seating, though if you wish to sit in the sun, feel free to bring your own chair. Main entrees, sides, and cold beverages (water, soda, beer, wine) will be provided. Other homemade or purchased delicacies are welcomed. You know how hungry cyclists get and how appreciative we are of good food! We will again be holding a dessert contest, which is occasion of suspense for the entrants and rapture for the rest of us! Prizes will be awarded to the top two winners.

RSVP to Jane Armbruster, armbruja@buffalostate.edu by August 20. Please indicate if you require a vegetarian meal or have dietary restrictions. See you there!



Once again, the annual NFBC Club Picnic coincides with Labor Day Weekend.

Thank you

CAN AM Volunteers

The CanAm is NFBC's most important single event, and this year as always, it was a great success thanks to the enthusiastic efforts of many talented NFBC volunteers. Planning for the 2012 CanAm began a year ago, with the organizing committee's critical analysis of the 2011 rides. Linc Blaisdell and Rebecca Ribis co-chaired the CanAm organizing committee, facilitating and overseeing all the CanAm activities, recruiting volunteers, and taking on specific tasks themselves. Most committee members were in charge of at least one aspect of the event, and many wore several hats during the CanAm weekend. *N. B.* The order of the following kudos is meant to be somewhat chronological, in the way a rider would experience the event, not hierarchical!

Pre-event publicity was handled by Terry Turski. She contacted past CanAm participants and sent brochures and posters to bicycle shops in the northeastern U.S. and adjacent areas in Canada. Terry also arranged for magazine and TV billboard notices. Terry mailed a Riders' Guide, prepared by Linc, Rebecca, and Elaine Rubenstein, to pre-event registrants.

The CanAm website, created and maintained by Dennis Powell (the man behind the curtain), offered potential riders necessary information and a means to register online. Tris Orzech was in charge of all registration, paper and electronic. In addition to doing the computer work, she fielded questions, offered advice, and was the first human contact for potential riders. She was helped by Janice and Dennis Powell, and together they handled walk-in registrations during the event and handed out bibs and water bottles to the riders.

On Saturday, CanAm registrants could choose from among regular NFBC rides, or the Graycliff ride (led by Loren and Pat Danaher) or the architectural tour. Rebecca was in charge of the architectural tour ride, which she and Sue Stererman created, researched, and led. They were assisted by Roy Tocha, Tom Barone, Paul Zsebehazy, Greg Heim, and Colleen Danaher.

Brenda Fischer arranged for the tents that provided additional shelter during the weekend event. Bob Mahaney was our liaison with the Fontana Boat House, arranging for opening and closing the facility at the times needed. At various times, Ian Currie and Gary Stevens helped by "babysitting" the Boat House. We thank Anne McCooey, Executive Director of the FLW Fontana Boat House. She pitched in and made the Boat House available when we needed it. She also gave a history of the FLW FBH to the Saturday riders.

Bob Mahaney organized the Friday night party, adding thanks to Tim from Flying Bison and Carl from Chateau Buffalo, and "catering by Carol". He was helped by Cindy Stachowski, Jim Karnath, Dennis and Janice Powell, Rebecca Ribis, Tom Barone, and Bruce Jansen.

Brenda Fischer re-worked the Sunday ride cue sheet, with help from Dennis. The road marking crew, Larry Reade, Paul Zsebehazy, Bob Silkes, Tim Cleary, Fred Marcheson, and Rebecca Ribis, managed to do a great job without getting arrested!

Jim Karnath was "King of the Waterfront" on Sunday--he was the riders' emergency contact. He directed the sag and support vehicles and helped lost riders and those who needed transportation off the route. Ian Currie arranged technical and sag support for the ride. Many thanks to our sag support team: Tom's Pro Bikes, Bert's Bikes, John Clauss and Andrew Johnson from Rick's Bike Shop (the second oldest bike shop in the country), and Tom Williams.

Paul Sprada and Roy Tocha provided parking assistance. Paul even swept the parking lot to minimize flats! Colin Fritz was our official photographer.

Liz Skelton organized breakfast and lunch for the Sunday rides. She planned and ordered the food, and together with her team including Pam Walker, Susie Rimlinger, Maryann Waldman, Bruce Jansen, Greg Heim, Richard Lepie, and Paul Zsebehazy, set up, served, and then cleaned up. The weather provided challenges, but everything was great!

Sue and Bob Alessi were in charge of the rest stops for the first time this year, providing a fresh outlook. They planned and secured the sites for the rest stops, recruited volunteers, and purchased food and supplies. Their team was amazing: they got up very early, put up with challenging weather and stayed late, all while encouraging and congratulating the riders. Sue Alessi and Margaret Rockwood staffed the one rest stop on Saturday, where 97° heat made riders very appreciative of cold water, Gatorade, and snacks. At Kingsbridge Park, Mary Alice and Joe Tocke and Kathy and Dick Swank ran the show. Bob Alessi, Lynn Dusing, Lori Harf, and Cindy Adams and her husband staffed the Queenston Heights Park rest stop. This group had the most difficult weather conditions, due to the wind causing tent problems, and they also had the busiest rest stop, with some of the 100 milers visiting twice. At the Whirlpool rest stop Sue Alessi, Sue Williams, and Terry Turski found that their well-chosen spot also attracted the tourist groups arriving by bus! The rain did come, and seeing a few soaked riders, the crew arranged sag pickup for three of them. Bert's Bicycle Shop and Jim Costello supplied and were in charge of the Veterans Park rest stop, also staffed by Ed and Pat Peters and Marion Reslow. They stayed until 4:15 PM when the last century riders went by, not wanting to stop but just get back. Wonderful home-made baked goods were supplied by Margaret Rockwood, Mary Alice Tocke, Cindy Adams, and Sue Williams.

Clean up at the rest stops was handled by Team Alessi. Back at the Boat House, clean up was provided by Team Liz, assisted by Tom Barone, Tim Cleary, Mike Fischer, Roy Tocha, Richard Lepie, and Paul Zsebehazy. Kathy Karnath was responsible for recycling.

Thanks to all of you who made this another successful NFBC CanAm. On behalf of the 228 riders who registered for this year's Can Am Century Weekend and all of the NFBC, thank you, and congratulations on a job well done, to the dedicated and talented volunteers who made it all happen.

1000 Islands Trip: great sight-seeing tour in the U.S. and Canada

By Jean Frederick

The Thousand Island Trip (Thursday–Sunday, July 26-29) was organized by Tom Barone, and drew 54 NFBC members including over a dozen first-time trip-goers. It was a great trip with beautiful sights and lots of fun.

The first ride was a tour of the area around Long Point south of Clayton, en route to the motel. Because of rain, many of us decided to go on instead to check in at Clayton. Still, eighteen "Rain Riders" said they enjoyed their ride and cleaning their bikes afterwards! That night after the rain stopped, we all had a great dinner at a restaurant in Sackets Harbor.

The next day (Friday) was over overcast and dry. We proceeded over the Alex Bay Bridge to Wellesley Island and then back to Alex Bay for lunch. The remainder of the afternoon was spent exploring Clayton, shopping, swimming and relaxing. On Saturday we rode to Kingston, ON to overnight at a Queens University dormitory. The route included going over two bridges at Wellesley Island, going through Canadian Customs, and taking two ferry rides to cycle through Howe Island! It was a hot day, and we were all glad to clean up and explore the downtown waterfront with many good restaurants. The next morning started very early so we could return our bags to the sag wagon, have breakfast, and catch the 8:30 ferry to Wolfe Island, a very pretty island with many windmills. After we cleared US Customs in Cape Vincent, Tom took the group to see Tibbetts Pt Lighthouse and then back to Clayton for lunch.

It was a great trip with good weather and everyone had a good time. The logistics were sometimes challenging (motels, bridges, ferries, customs), but as always our trip organizer Tom Barone made it all work well. Our thanks to Tom for a super trip!



Photo credits: 1-3, Tom Barone; 4, Victor Barsky; 5, Brad Russell.



Ask the Expert: Fuel for the ride—what works best & when to use it?

By Janice Cochran, MS, RD

What do you recommend for fuel during cycling?

Fuel during cycling should be easily digestible carbohydrates (carbs) in small amounts. It should be low fat, low protein, and low fiber (so it doesn't slow digestion or cause GI upset).



Choices include sports drinks (15g carb/cup, drink 3-4 C per hour) or food and water. The carbs in the sports drink will be more quickly absorbed but may not feel as satisfying as eating solid food. Experiment with bites of food (raisins, cereal, 1-2 bites of a sport bar) with water (3-4C per hour). Bananas, Fig Newtons, bars, gels, blocks – all can

be helpful for longer rides, 1.5 hours and longer. Fig Newtons have the advantage of some quick sugar and some complex carbs (longer lasting).

Everyone is different – it's important to experiment with timing and types of snacks to find what feels best for you. Rough guidelines would be to eat ~ 25 to 60g carbs/hour, depending on your riding intensity, size, and level of training. Examples: 1/3 cup of raisins = 40g. carbs, 1 medium banana = 25g. carbs, 1 orange = 15g. carbs, 3 Fig Newtons = 33g. carbs. Balance Bars, Clif Bars, and Luna Bars have good carb content, but also contain more protein and fat, so they may be best 2-3 hours before or after a ride.

Is good fueling during the ride sufficient?

It is essential that you have eaten and hydrated *before* the workout. If you have a mostly vegetable salad for lunch but go on a 6:30pm ride, you're going to feel out of energy no matter what you eat *during* the ride because you started with less energy in the muscles. What you eat *the day before* through and including a few hours before a workout can determine how well fueled your muscles are. What you eat within an hour of working out can help keep your blood sugar from dipping too low during the workout, but won't significantly fuel your muscles.

How does the length of the ride dictate how much you bring along for snacking?

If you're doing a casual 25 miles with a breakfast stop, no need for additional snacks.

If you're doing a 75-miler, you will need to bring enough food to support ~3-4 hours of riding at least. Ideally you should eat periodically, every 30 min., and drink regularly. Experiment to see what feels best for you. What you snack on should be primarily carbs, some quick (sugar) and some complex, and low fat. If you eat too much fat, protein, or too large a meal, your blood will go to your stomach instead of your legs.

What do you think about energy drinks and sports drinks?

"Energy drinks" refer to stimulant drinks: Red Bull, Monster, Rock Star, Amp, 5-hour energy, etc. These contain caffeine and natural caffeine sources (kola nut, guarana, etc.) and other substances. The sugar content is too concentrated to be absorbed efficiently during exercise. The sugar free version of these drinks is a complete misnomer. There is no energy in a drink with no calories. Sugar-free "energy drinks" will not fuel your muscles or brain, but they'll stimulate your nervous system. They are not designed for use during exercise.

"Sports drinks" including Gatorade and Powerade have ~15g. of

carb/cup. Gatorade (or store equivalent) is designed to be used DURING exercise, as a means of keeping blood sugar up and hydrating. Accelerade and Endurox have some protein added, with a 4:1 ratio of carbs to protein. Research shows that after exercise, having some protein with carbs helps speed recovery. These drinks may be convenient, but they're expensive, and if you don't like the taste, you may not drink as much. Chocolate milk has been shown to be an effective recovery drink because it has what's needed: carbs, protein, and fluid.

If you want to save money, try Nancy Clark's Homemade sports drink from her "Sports Nutrition Guidebook" (a good general reference for sports nutrition):

1/4 cup sugar, 1/4 teaspoon salt, 1/4 cup hot water, 1/4 cup hot water, 1/4 cup orange juice (*not* concentrate) plus 2 tablespoons lemon juice, 3 1/2 cups cold water

- In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
- Add the juice and the remaining water; chill. Makes 1 quart. Each 8-ounce serving contains: 50 calories, 12 grams carbohydrate, 110 mg sodium.

Clark encourages creativity when making your own sports drink. "For example, you can dilute many combinations of juices (such as cranberry + lemonade) to 50 calories per 8 ounces and then add a pinch of salt. (More precisely, 1/4 teaspoon salt per 1 quart of liquid,)" she wrote.

If you're doing an evening club ride (6:30 PM) would you suggest dinner before or after the ride?

For most people, a snack between 3 and 5 should work well (300-400 cals), followed by dinner after the ride. A large meal (~400 to 800+ cals) is best 3 – 4 hours before exercise, when there is enough time for digestion. A large meal right before exercise will pull blood to your stomach, just when you want your blood to go to your legs. Exercising intensely after a big meal may cause GI upset. The closer you are to the start of exercise, the smaller the meal/snack should be (~100 – 200 cals.) Again, this depends on individual tolerance. Keep in mind that right before riding, you won't significantly fuel your muscles, you're just preventing a blood sugar dip. So eat well the day before, all day prior to the ride, pre-hydrate, and then eat lightly and hydrate frequently rather than eat a lot just before riding. Experiment with how good you feel eating food at different times before riding and listen to what your body is telling you.

What about hydration?

Dehydration is the most common reason for poor performance. Especially in the hot weather, it is crucial to pre-hydrate. If you'll be riding intensely for more than 90 minutes, drink all day to produce a large volume of near-clear urine every 2 to 4 hours. Drink 2-3 cups of water 2 hours before riding, and another cup 10 min. before ride time. This may seem like a lot, but if it's hot or you're a heavy sweater, it's essential. If you don't drink enough, your muscles overheat and work is harder. To estimate your sweat rate, weigh yourself before and after an intense 1 hour workout (remove slimy clothes!). *For every pound lost, you need to rehydrate with 2-3 cups of water.* If you drank water during that 1 hour, add that to what you need to consume per hour.



Roy's Membership Update

By Roy Tocha, NFBC Membership Chairperson



Welcome this month's new members:

Roger Anderson, Jack Coombs, Jonathan Finn, Kevin Finn, Linda Jenkin, Rick Korff, Thomas Kraus, Peter Mazurowski, Jessica Nyrop, Tom Perkovich, Bill Powers, Debra Ranney, David Zoeller.



Left: NFBC members traveled to Loraine, Ohio for the Silver Wheels Bicycle Club's "Dog Days Wine Tour" invitational on July 21 (photo from Sue Williams). Right: Enjoying the CanAm Saturday night social at the Frank Lloyd Wright Fontanna Boat House on August 4 (photo by Linda Kalka).

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 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.

September, 2012

NFBC—We ride every day

Niagara Frontier Bicycle Club
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