

Niagara Frontier Bicycle Club, Inc.

NFBC NEWSLETTER

September, 2010

Celebrating 40 years of club riding

Volume 41, Issue 7

Dates to Remember

- Sept. 1, RIDE START TIMES CHANGE!
- Sept. 6, Margaret's Labor Day Party Rides
- Sept. 11, Antique & Race Boat Show and Ride
- Sept. 19, Freedom Run Winery Ride and Wine Tasting

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Early rain didn't dampen CAN AM spirit!

The fifth CAN AM and the associated events were again a great success, thanks to the incredible efforts of the organizing committee and all of the many NFBC volunteers. About 25 people took part in the Architectural Tour on Saturday (8/21/10), an easy-paced tour of Buffalo highlights. The Saturday evening party at the Fontana Boat house gave people a chance to socialize and pick up materials for Sunday's rides. Early morning rain on Sunday (8/22/10) probably reduced the number of walk-in registrations and encouraged some 100-mile registrants to switch to the 62- or 35-mile rides. The light rain ended early, leaving us with a slightly cooler, more comfortable day for a great ride. In total, 184 rider's bibs were issued. *(Because of this month's Newsletter printing deadlines, we'll have more on the CAN AM in the next issue.)*



From top, one of the Architectural tour groups on 8/21/10 (photo by Jack Weibel) and the start of the metric century on 8/22/10 (photo by Dennis Powell).

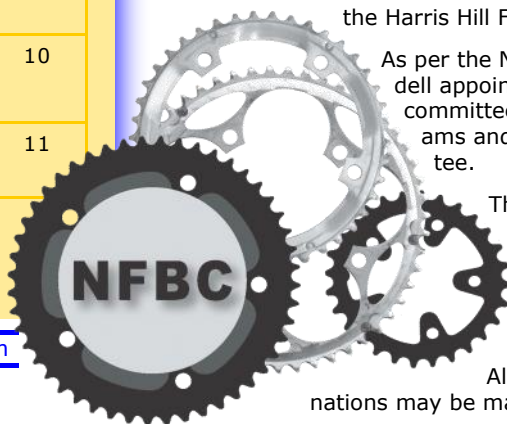
October NFBC Elections: Proposed Slate of Officers and Board Members

The two-year term of all four NFBC officers and five members of the Board of Directors terminates at the end of 2010. The election of new officers and Board Members for 2011-2012 will be held at our annual meeting on Thursday, October 14, 7PM at the Harris Hill Fire Hall.

As per the Nominating Committee Guidelines, president Linc Blaisdell appointed Board Member Ian Currie to chair the nominating committee. Ian and Linc selected non-Board members Cindy Adams and Pat Danaher to also serve on the nominating committee.

The slate that the nominating committee will present at the general meeting is as follows: President--Linc Blaisdell; Vice President--Dennis Powell; Secretary--Liz Williams; Treasurer--Kathy Karnath; Board of Directors--Jane Armbruster, Ian Currie, Brenda Fischer, Frank Soltiz, Cindy Stachowski.

Also, as per the Nominating Committee guidelines, nominations may be made from the floor at the General meeting.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

SEPTEMBER 2010 WEEKEND
RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elevation	Start Location	Ride Leader
Sat Sept 4	9:00 AM	762	Wheatfield Niagara Metric Century	62/46/37	Mod/Easy	0	Errick Road School, Errick Road near Stieg Road, off Niagara Falls Blvd., Wheatfield	Alex Setlik 692-7045
Sat Sept 4	10:00 AM	302	New Saturday Sundae	41 / 37	Diff/Mod	1500/985	Hamlin Park (south parking lot), S Grove St, East Aurora	Ed Hutton 652-7428
Sun Sept 5	10:00 AM	98	Lockport Marina Ride	31	Easy	NA	Williamsville N. H.S. (Hopkins & Dodge)	Bruce Jansen 677-4725
Sun Sept 5	10:00 AM	289	Burnt Church Century	104	XXX	6300	Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Ron Wakefield 877-2140
Mon Sept 6	10:00 AM	728	Labor Day Party Ride	36 / 29	Mod / Easy	0	Donald F Miller Memorial Park, 1601 Sweeney St, in North Tonawanda	Margaret Rockwood 361-0416
Mon Sept 6	10:00 AM	290	Eden-Evans Circuit	32	Mod	1340	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Dave Gonzalez 649-4998
Sat Sept 11	9:30/10:30 AM	365	Antique & Race Boat Show Ride	25	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds. Grand Island; 9:30 breakfast, 10:30 ride start.	Rebecca Ribis 837-0089
Sat Sept 11	10:00 AM	213	Over Hill to Dale	42	XD	2700	HSBC Bank Parking lot, Rt 238 & Exchange St, Attica	Frank Soltiz 937-6924
Sun Sept 12	10:00 AM	722	Medina Albion Grand Tour	42 / 31	Easy	540	Oak Orchard Overlook, Albion Rd., E. Oakfield	Liz Williams 759-8353
Sun Sept 12	10:00 AM	367	Bagdad Bunker	53 / 43	0	4200/2000	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Pat Danaher 310-8136
Sat Sept 18	10:00 AM	201	41 Mile Challenge	41	Easy	500	Clarence Middle School, Greiner at Strickler	Gary Stevens 822-0115
Sat Sept 18	10:00 AM	202	Metric Century Challenge	63	Mod	900	Clarence Middle School, Greiner at Strickler	Gary Stevens 822-0115
Sat Sept 18	8:00 AM	203	Century Challenge	102	XD	2300	Clarence Middle School, Greiner at Strickler	Pat Danaher 310-8136
Sun Sept 19	10:00 AM	915	Freedom Run Wine Trail	37/26	Mod	0	Freedom Run Winery 5138 Lower Mountain Road, Lockport	Kathy Karnath 688-2968
Sun Sept 19	10:00 AM	286	Seven Hills	32	XD	3300	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Peg Walker 741-4616

Sat Sept 25	3:00 PM	27	Hamburg to Lake Erie	36 / 26	Easy	660	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	David Gonzalez 649-4998
Sun Sept 26	10:00 AM	758	Old Greenwalls	33	Easy	0	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Mike Dupre 741-9290
Sun Sept 26	10:00 AM	283	Three-Legged Dog Metric	64	XXX	4440	SR 39 in Forestville. From Buffalo take US 20 to Silver Creek. Corner of Central & Main in Silver Creek go South on US 20 3.5 mi., turn L on Walnut. Turn L where Walnut ends at SR 39. Parking - 0.2m on the right.	Jim Sawyer 884-3057
Sat Oct 2	10:00 AM	719	Creek Road Canter	33	M-D	1480	E. Pembroke Central School, 2486 Main Rd., approx. 4.75 miles East of Rt. 77, East Pembroke	Liz Williams 759-8353
Sat Oct 2	10:00 AM	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	John Kozinski 675-6197
Sun Oct 3	10:00 AM	912	Welland Canal PASS-PORTS REQUIRED	62	Easy	0	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie 601-7390
Sun Oct 3	10:00 AM	288	To Hill and Back	51 / 38	XD/Diff	3020 / 1800	Hamlin Park (south parking lot), S Grove St	Tim Cleary 801-7174

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
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., N. Tonawanda	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
Tuesday	AM	Ellicott Creek Island Park, lot at Creekside Rd. & Niag. Falls Blvd., Tonawanda	Alex Setlik, 692-7045
	PM	West Canal Marina on Tonawanda Creek Rd. at Townline, Pendleton	Marty Viggato, 570-5896 John Perry, 834-0938
Wednesday	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
	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)	Dennis Powell, 691-6233
	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	Lancaster High School, Forton Rd. at Pleasant View, Lancaster	Ed Peters, 685-1965
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Lori Harf, 601-7535
	PM	Amherst Museum, Tonawanda Crk S at New Rd., Amherst	Tom Williams (& team) 688-2981
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	John Herman, 675-1944
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615
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 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.

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

SEPTEMBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check the Weekend Ride Schedule (page 2) for different start times for weekend rides this month. The regular, day of the week rides are indicated in italics.</p>			<p>1 Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM</p>	<p>2 Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM</p>	<p>3 Clarence 10AM Amherst 6:00PM Elma 6:00PM</p>	<p>4 Amherst 9AM New Sat. Sundae Wheatfld/Niagara Century etc.</p>
<p>5 Buffalo 9AM Lockport Marina Burnt Church Cen- tury</p>	<p>6 Labor Day Party Ride Eden-Evans Circuit</p>	<p>7 Tonawanda 10AM Pendleton 6:00PM Hamburg 6:00PM</p>	<p>8 Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM</p>	<p>9 Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM</p>	<p>10 Clarence 10AM Amherst 6:00PM Elma 6:00PM</p>	<p>11 Amherst 9AM Antique Boat Show Over Hill to Dale</p>
<p>12 Buffalo 9AM Medina/Albion Tour Bagdad Bunker</p>	<p>13 N.Tonawanda 10AM Clarence 6:00PM E.Aurora 6:00PM</p>	<p>14 Tonawanda 10AM Pendleton 6:00PM Hamburg 6:00PM</p>	<p>15 Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM</p>	<p>16 Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM</p>	<p>17 Clarence 10AM Amherst 6:00PM Elma 6:00PM</p>	<p>18 Amherst 9AM Cent., Metric, etc.</p>
<p>19 Buffalo 9AM Freedom Run Wine Seven Hills</p>	<p>20 N.Tonawanda 10AM Clarence 6:00PM E.Aurora 6:00PM</p>	<p>21 Tonawanda 10AM Pendleton 6:00PM Hamburg 6:00PM</p>	<p>22 Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM</p>	<p>23 Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM</p>	<p>24 Clarence 10AM Amherst 6:00PM Elma 6:00PM</p>	<p>25 Amherst 9AM Hamburg to Lake Erie, 3PM</p>
<p>26 Buffalo 9AM Old Greenwalls 3-legged dog metric</p>	<p>27 N.Tonawanda 10AM Clarence 6:00PM E.Aurora 6:00PM</p>	<p>28 Tonawanda 10AM Pendleton 6:00PM Hamburg 6:00PM</p>	<p>29 Orchard Park 10AM Swormsville 6:00PM Orchd. Prk. 6:00PM</p>	<p>30 Lancaster 10AM Pendleton 6:00PM Lancaster 6:00PM</p>	<p>Clarence 10AM</p>	<p>Amherst 9AM Crk Rd. Center Alden to N.Java</p>

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Things to do *After* a Bicycle Accident

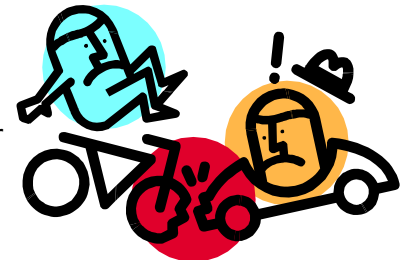
Accidents happen. Even if you've paid careful attention to all of the standard, suggested safety precautions (see 2010 *NFBC Newsletter*, April, June, and July) there are still careless or aggressive motor vehicle drivers, road condition hazards, and errors in human judgment (sometimes our own) that result in bicycle accidents. And, because we ride in groups, covering a relatively large number of miles, statistics suggest that many of us will either be in the position of helping someone who has had a bicycle accident, or being in an accident ourselves. With a little forethought, we can each be prepared to help others or ourselves follow the safest course *after* an accident.

Address personal injuries first. Regardless of the cause of the accident, assess your injuries, and get appropriate treatment. Don't be a tough guy! Many kinds of injuries don't show up right away, so don't just jump back on your bike after any fall; be extremely cautious.

If your accident involved a motor vehicle, there are things you can do to increase your chances of "surviving" the motorist's insurance company. Many bicyclists think that the odds are stacked against them from the start because police and insurance adjusters may believe that in *any* accident, the bicyclist is most likely at fault. Prove them wrong: do as much as you can to document what actually happened. (The following applies if you are helping another rider, too),

- Get needed paramedical help to the scene of the accident. Make sure any injuries are properly evaluated and treated, including ambulance transportation and hospital treatment if appropriate. Don't under-report your injuries; remember that the surge of adrenaline after a crash may delay the onset of symptoms.

- Get the necessary information about the driver of the motor vehicle: name, address, vehicle license number, driver's license number, insurance information.
- Get police to the scene of the accident. The resulting police report will be more accurate, and more likely to include your point of view. Don't move yourself or your bike if not absolutely necessary, until the police have seen everything.
- Use your cell phone to photograph anything that might be helpful later: the accident scene, the motor vehicle, your injuries, your bicycle.
- Get contact information for any witnesses to the accident.
- If you can do it, settle property claims first, but delay bodily injury claims until you are completely healed.



I usually don't print citations for my sources in Newsletter articles, but I want to give two important ones here. The people who write about what to do after a bicycle/motor vehicle accident are almost exclusively lawyers with experience representing bicyclists following accidents. To be better prepared, read more!

http://www.geklaw.com/pi_bicycle_accident_10_things.htm

This site hosts a document, "10 things to do after a bicycle accident", by California lawyer Howard Krepack; it is reprinted all over the web, in one form or another.

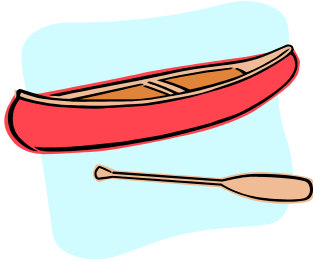
Bike for Life authors Roy M. Wallack and Bill Katovsky (Marlowe and Co. publishers, 2005) provide a thorough discussion on the topic, suggested to them by a different California lawyer).

"Get needed paramedical help to the scene of the accident. Make sure any injuries are properly evaluated and treated,"

Margaret's Labor Day Party Rides

The Rides: The dual distance route of 36/29 miles takes you thru North Tonawanda and along River Road and then heading north. Mostly country roads, flat and Easy.

The Party: Hot dogs, Hamburgers (plus veggie burgers) and corn on the cob will be supplied. Please bring your favorite side dish or home-made dessert and some beverage. Lunch will be served after 1PM if you want to come for the party and not the ride.



Come Rain or Shine! We will be in a large cabin with tables, chairs and a commercial kitchen. Outside are picnic tables, shelters, and a campfire (marshmallows anyone?). There are hiking trails, a basketball net and other game equipment. This is a family-friendly location. This lovely wooded camp/park is on Tonawanda Creek so you can bring your canoes and kayaks!

Directions: The ride start and party location is the Donald F Miller Memorial Park, 1601 Sweeney St, in North Tonawanda.

Directions: From I-290, take Exit 3 North (Niagara Falls Blvd) for 2.2 miles, then Left @TL onto East Robinson St (over bridge) for 0.3 miles, then Left on Sweeney St for 0.2 miles - Arrive at Donald Miller Park- Red Jacket Club - look for red and yellow balloons!

**Monday
Sept. 6**

**Saturday
Sept. 11**

Special Event: Antique & Race Boat Show and Ride

The Ride: A flat 25 miles around Grand Island, with an optional stop at the Buffalo Launch Club (503 East River Road) for the **33rd Annual Antique and Classic Boat Show**. Meet at the Kaegebein school at 9:30 for breakfast provided by Paul and Sara Kay (coffee, bagels, and other assorted goodies). We will leave the parking lot at 10:30 to bike around Grand Island.

The Boat Show: The feature this year will be Dodge Boats / Watercars and the first fiberglass boats, Glassics. Also featured will be Chris Craft Runabouts and Cruisers of the 1950's. Admission is free.

Directions to the Start: The ride starts at the Kaegebein Elementary School, @ South Parkway and Love Roads. Go over the Grand Island Bridge, then take the Beaver Island Exit, turn left on Love Road.



Special Event: Freedom Run Winery Ride



The Rides: A dual mileage ride (37/26) in Niagara wine country.

Wine Tasting: Freedom Run Winery & Vineyards has generously allowed us to use their lovely tasting room after the ride, to serve cheese, crackers and fruit to accompany your wine tasting! There are lovely rest rooms available; please plan to bring regular shoes or sneakers as it would be courteous if we would not wear cleats inside. Check out the website www.freedomrunwinery.com Bring money for wine tasting: \$3 tasting fee will provide you tastes of 5 wines; a \$5 Premium tasting fee includes Freedom Run's limited edition estate whites and reds. Tasting fees are waived with a purchase of 6 or more bottles of wine! If the ride is canceled due to rain, the party is canceled as well, however the winery is open rain or shine for wine tasting and purchase of wine; Sunday hours are 12 noon – 6 pm.

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.

**Sunday
Sept. 19**

Take a Ride down Memory Lane this Labor Day

By Nancy Haberly

The location for this year's Labor Day Party and Ride (Sept. 6, 10AM), the Donald F. Miller Park off Sweeney in North Tonawanda, will bring back fond memories for many NFBC members and highlight an historical connection to the present day CAN-AM Invitational.

NFBC sponsored its first invitational bicycle event, "the Rainbow Country Tour" (RCT) on Saturday, August 24, 1980. There was a choice of three routes – 25, 50 and 100 miles through Niagara County and along the

shores of Lake Ontario and the lower Niagara River. Maps were provided to each rider indicating points of interest. During the following years the start/finish location and format changed often, until the club settled into the Donald F. Miller Park, which served as the RCT home from 1992 through 1997, the last year the Rainbow Country Tour was held. Like the present day CAN-AM, started by Mary Alice Tocke five years ago, Rainbow Country Tours offered multiple mileage routes which showcased our area's beauty for riders from NFBC and beyond.



Despite a rainy morning, optimistic riders waited and were rewarded with a beautiful ride at **Sandy Nobel's Chautauqua Party** and ride on August 15. At 10:45 five people headed for Lundsman Overlook Park. From L to R, Roy, Sandy, Sue and Tom. Photo by Brad Russell (via Sue and Tom Williams). Liz, Darrell, and several of the Nobel's friends joined in for a wonderful lunch prepared by Marge and Sandy at their condo. The sun shined the rest of the day. —Sue Williams

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.

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

HELP SPREAD SUNSHINE

Do you know an NFBC member who is sick, hospitalized, had an accident, or just in need of a little cheer? Call Sue Williams (688-2981), Chairperson of the Sunshine Committee. A card will be sent.

Cyclotourisme en France: A Model for Bicycle-Friendly Streets

By Laurie Seier

My husband and I recently returned from a three week country-wide tour of France and I must say, I was mightily impressed with the commitment to bicycling all across the country. From Paris to Nice, rental bikes were readily available for both residents and tourists. In addition, there are dedicated bike paths to complement the bike rental programs.

I'll highlight Paris as an example. Riders there have more than 275 miles of bike lanes and the parks have bike-friendly paths. The tourist board, "*Paris a Velo*" has maps showing all the dedicated bike paths. Paris has a bike rental program for residents called *Velib* ("bike freedom"), which has been replicated in other cities in the country. This program gives locals with a *Velib* card access to more than 20,000 bikes around the city. Parisians pay around 30 euros/year (approx. \$40) for the card, which they swipe to unlock the nearest *Velib* bike. (Tourists can pay to ride one, but the machines are all in French and only accept AMEX cards). The first half-hour of each ride is free; after



A *Velib* bike rental station in Paris, France

that, riders are billed the longer they have the bike checked out. The system is well-designed—stations show not only the location of other nearby bike racks, but also, how many bikes are available there. (There are about 1,450 stations spaced just 300 or so yards apart). At night, bikes are redistributed by truck so that busy locations always have enough available. Roving repairmen fix broken bikes (if the seat is turned backwards, it indicates the bike is faulty). *Velib* bikes are widely used and all the ones I looked at were in great condition. Many contain baskets mounted on the front handlebars. They all have little bells on the handlebars as well. As it was pointed out to me, the astute Parisian could go from bike to bike for half-hour stints each time and not pay another dime beyond the annual fee.

If you are a tourist, bike rentals are easily available in all the major cities. My husband and I rented bikes in Nice and biked for an hour along the *Promenade des Anglais*, which is a wide pedestrian boardwalk with a 2-lane dedicated bike path, which runs right along the Mediterranean coast. What a beautiful way to enjoy the French Riviera! My only concern was that I saw little or no use of bike helmets at all, something that is second-nature to us in the U.S.



Laurie and Scott Seier in Nice, France

Help Pass Complete Streets Legislation!

A realistic approach to bicycle safety must include legislation that recognizes the rights of bicyclists, and promotes the construction of roads and streets that are made safer for bicycling. NFBC members have an opportunity to be proactive in this regard right now, concerning a bill that is facing the NYS Legislature.

The following text is taken from the from the Tri-State Transportation Campaign web site. If you want to help, follow the link to their site at the end of this article. Enter your zip code, and you will be able to send an email to your assemblyman as well as Sheldon Silver (Assembly Speaker) and Herman Farrell (Ways & Means Chair). You can edit the email as you wish.

"In too many of New York's cities, towns, and suburbs, poorly designed roads make it dangerous to get around on foot or by bike. That's why advocates are working overtime to help assure the passage of a state Complete Streets law (A-8587B), which would direct the New York State Department of Transportation to consider pedestrian and bicycle accommodations in the planning and development of all roads and transportation facilities receiving state or

federal funds. This important legislation will:

- Make our streets safer for pedestrians, cyclists, transit users, and drivers;
- Help protect senior citizens and children, both of whom face heightened risks while walking and cycling;
- Reduce greenhouse gas emissions;
- And strengthen downtowns and main streets.



The State Senate overwhelmingly passed this bill in June. But the bill has yet to make it out of the State Assembly and is **stuck in the Assembly's Ways and Means Committee**. With state legislators returning to Albany in late summer, it's critical that New Yorkers make their voices heard and get this bill moving - this may be the **last chance** to pass Complete Streets in 2010!"

Use the following link to reach their web site and add your voice: http://org2.democracynaction.org/o/5443/p/dia/action/public/?action_KEY=3468

NFBC Members Participated in Tour de Cure

By Liz Williams

Although NFBC didn't field a Tour de Cure team this year, many NFBC members participated either as individuals or as members of other teams. On Saturday June 5th two members of the NFBC rode the Tour de Cure for Team PCB. In total the team had just 7 members who rode, but collectively they raised \$6,380 for the American Diabetes Association,

earning a spot among the top 10 earning teams!

This year's Tour de Cure ride was dedicated to long-time and greatly missed NFBC member Bill McLaughlin. Bill's wife Marion kindly made a donation for each NFBC member who rode.

Huge congratulations to Team PCB and Team Captain (and Super Fund-raiser) Wolf Buechler. The bar is set high for next year!



Editor's Note: The following letter to the editor is printed here to provoke your thinking on this topic. I would like to print responses to the ideas given here, either in agreement or disagreement, in the upcoming issues of the Newsletter. Start writing!

Letter to the Editor..

A Modest Proposal: A New Focus for NFBC's Next 40 Years

By Liz Williams

Described below is a shift in mindset that I would like to see happen for the Niagara Frontier Bicycle Club. What I am proposing is a change from a mileage-focused club to a service- and support- and safety focused club.

Imagine this scenario: Members of the NFBC gather for one of their scheduled rides. They sign the sign-in sheet with their name and membership number, and then enjoy the ride. At the conclusion of their ride, the sign-in sheet is turned in to and filed by one of the board members for record purposes only. The members who want to track their own personal mileage may choose to

- Keep the map, and add up all the miles they rode at the end of the season
- Mark a calendar with the miles they rode that day
- Update a personal spreadsheet with their miles
- Rely on their bike computers to tally the miles
- Or they may choose to simply ride for the pleasure of riding, without concern about mileage totals

At the end of the riding season, members would be free to download from the NFBC website, whatever mileage certificate they feel they have earned, print their names on the certificate and hang it proudly on the wall. At the NFBC end of season banquet, all members who feel that they earned 1000, 2000, or 3000 miles would be asked to raise hands and be publically congratulated. Then the club would be free to acknowledge and honor those members who have contributed to all the club members through their outstanding service to the club during the season.

Why should this change be considered and effected? Consider...

- The excruciating amount of time the board members spent last winter discussing, arguing, researching, emailing, clarifying, explaining and defending the RULES for allowing mileage to be counted as "club" miles, and the resulting confusion among the members.
- The fact that even after all the work the board did to clarify the RULES, they remain casually and arbitrarily enforced and sometimes, are unenforceable.
- The exhaustive mileage record keeping which could be eliminated: "third new male, second new male, first new male, third new female, second new female". Do we really need to do that?
- The silliness of announcing that the total mileage difference between, for example, the first female and the second female is SIX miles (like 3366 versus 3360 miles). In view of the arbitrary way that mileage is currently tallied, that difference is meaningless. Why don't we celebrate equally everyone who can accomplish numbers like that?

But the most important reasons are personal ones:

- The members who felt dismissed and excluded when they were told that the miles for their trip OR the miles for their charity ride would not count as club miles.
- The members who have been reprimanded for suggesting to other members an alternate route and being told that if they departed from The Route, their miles would not "count". Why are we doing that to each other?

The payoff:

The club would be free to focus its time and energy on positive activities, like advocating for safer bicycle routes and for bicycle access. We could improve our repertoire of seasonal rides by expanding the ride committee. We could have an education committee for tips on nutrition and proper conditioning for riding. We could learn more about first aid and what to do in an emergency situation. We could help each other develop trips and host parties. We could establish a program for new member attraction and care. *These are things we need to do in order to remain a viable organization in the future, and if we evolve beyond the need to bean-count miles, we will have time and energy to do them.*

When I mentioned this idea to one of our members, he reflected that accruing club miles used to foster friendly competition among the NFBC, and served to draw the members together. Now, he told me, it seems to divide us and causes a lot of petty squabbling. I wholeheartedly agree.

What kind of a bicycle club do you want to belong to going forward?

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 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

Email 1 Email 2 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"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
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 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.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



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Buffalo 14202

www.rickscycleshop.com




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