

NFBC NEWSLETTER

Dates to Remember

- Sept. 1, Week day morning rides start at 10 AM; week day evening rides start at 6 PM
- Sept. 4, Club Picnic
- Oct. 21, NFBC Fall General Meeting

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www.nfbc.com

2011 Can Am Century Weekend: Success!

By any measure, CanAm 6 was a great success! Months of planning by the CanAm committee members and enthusiastic efforts of the many NFBC volunteers insured that everything ran like clockwork. Only the weather was uncooperative, but not enough so to spoil a great bicycling experience.

The original "CanAm Invitational" has morphed into the "CanAm Century Weekend"; NFBC members and out-of-towners participated in activities over two or more days. Visitors from Ohio and Wisconsin did the Friday night (8/12/11) north ride for example. About 30 people enjoyed the Buffalo Architectural Ride on Saturday, August 13, while other visitors joined the Graycliff ride or the Saturday breakfast ride. The Saturday Evening Social was well attended, too, giving riders a chance to mingle before the big rides.



Riders waiting for the start of the CanAm Metric Century.

Two hundred and twelve people registered for CanAm 6; out-of-towners came from Massachusetts, New Hampshire, Pennsylvania, Maryland, Wisconsin, Ohio, West Virginia, North Carolina, the District of Columbia, and the province of Ontario, Canada. Forty-three NFBC members rode too, as well as local bicyclists who aren't NFBC members. The threat of rain on Sunday (8/14/11) probably reduced the number of walk-in registrations, and may have prompted some 100-mile registrants to switch to the 62 or 35 mile rides. Pre-registrations included at least 79, 100-mile riders and 92, 62-mile riders, but not all registrants indicated which ride they would be taking.

There was rain. The 100- and 62-mile riders didn't encounter rain until well into the ride, and for most it was limited to a very light drizzle for about the last 20 miles. The thirty-five mile ride started later in the morning and the route went through the worst part of the rain, so many of those riders had to stop and take shelter from a downtown downpour before completing the ride. Still, the rain didn't dampen spirits! The rides, refreshments, and support all earned rave reviews.





NIAGARA FRONTIER
BICYCLE CLUB, INC.
We Ride Every Day

September 2011 WEEKEND RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Mileage	Diff	Elevation	Start Location	Ride Leader
Sat Sept 3	9:00 AM	762	Niagara-Wheatfield Metric	62/44/35	Mod/ Easy	0	Errick Rd. School, Errick Rd. off Niagara, Wheatfield	Alex Setlik 692-7045
Sat Sept 3	9:00 AM	333	Run to Randolph	56	Diff	3200	Ellicottville Town Park, Ellicottville, NY	Loren Danaher 430-1600
Sun Sept 4	9:00 AM	391	Club Picnic Ride - Long	45/33	XD/ Diff	2800/ 2000	Elma Meadows Park, Rice Rd. at Gir-dle, Elma	Pat Danaher 310-8136
Sun Sept 4	10:00 AM	390	Club Picnic Ride - Short	25/13	Mod/ EZ	500/ 300	Elma Meadows Park, Rice Rd. at Gir-dle, Elma	
Mon Sept 5	10:00 AM	312	Bubaloos (old Billy Bob's)	31	Easy		Clarence Middle School, Greiner and Strickler	Betsy Dexheimer 585-343-5172
Mon Sept 5	10:00 AM	328	Kazzo Klassic II	37	MOD	1800	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5	Michele Smith 627-4352
Sat Sept 10	10:00 AM	365	Around Grand Island	25	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds. Grand Island	Cindy Adams 816-2902
Sat Sept 10	10:00 AM	288	To Hill and Back	51/38	XD/Diff	3020 / 1800	Hamlin Park (south parking lot), S Grove St, E. Aurora	Bradshaw Hovey 857-0906
Sun Sept 11	10:00 AM	722	Medina Albion Grand Tour	42/33	Easy	540	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	Liz Skelton 400-6091
Sun Sept 11	10:00 AM	293	Memorial Boston Hotel Ride	33	Diff	2500	Boston Hotel, SR 391 @ Back Creek Rd Boston	Ron Wakefield 877-2140
Sat Sept 17	8:00 AM	203	Century Challenge	102	XD	2300	Clarence Middle School, Greiner and Strickler	Brenda Fischer 683-3961
Sat Sept 17	10:00 AM	202	Metric Century Challenge	63	Mod	900	Clarence Middle School, Greiner and Strickler	Jane Armbruster 688-3943
Sat Sept 17	10:00 AM	201	41 Mile Challenge	41	Easy	500	Clarence Middle School, Greiner and Strickler	Jane Armbruster 688-3943
Sun Sept 18	10:00 AM	915	Freedom Run Wine Ride	44/27	Easy	0	Freedom Run Winery, 5138 Lower Mtn. Rd., Lockport	Kathy Karnath 688-2968
Sun Sept 18	10:00 AM	286	Seven Hills	32	XD	3300	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Jim Sawyer 884-3057
Sat Sept 24	3:00 PM	751	Sturgeon Pt.	31	Mod	900	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Bradshaw Hovey 857-0906
Sun Sept 25	10:00 AM	738	Lockport - Rapids	33	Easy	0	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Sue Williams 688-2981
Sun Sept 25	10:00 AM	106	Grape Country/ Cockaigne Gallop	55/26	XXD/ Diff	3900/ 1200	Public Parking Lot on Water St, near Rt 20 @ Canadaway, Fredonia	Tim Cleary 807-7174
Sat Oct 1	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 Skelton 400-6091
Sat Oct 1	10:00 AM	82	Alden Center to North Java	45	Diff	2600	Restaurant Parking Lot, Broadway (Rt. 20) & Three Rod, Alden, NY	Frank Soltiz 937-6924
Sun Oct 2	10:00 AM	912	Welland Canal	0	0	0	The Hatch	Ian Currie 601-7390
Sun Oct 2	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
Sun Oct 2	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

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	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
	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., Swarmsville (Clarence)	Peg Walker (741-4616), Gerry Russell and Jane Armbruster
	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 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.

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

Did someone have an accident? Is someone sick? Share the news with the club. We will send a note of cheer to someone who might need it. Notify Sue Williams (688-2981), Chairperson of the Sunshine Committee. NFBC cares about its people.

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; morning rides start at 10 AM in September, and evening rides start at 6 PM.

SEPTEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>Lancaster 10 AM Pendleton 6:00 PM Lancaster 6:00 PM</i>	2 <i>Clarence 10 AM Amherst 6:00 PM Elma 6:00 PM</i>	3 <i>Amherst 9 AM Niag-Whitfld Metric Run to Randolph</i>
4 CLUB PICNIC Rides	5 <i>Bubaloo's Kazzo Klassic II</i>	6 <i>Tonawanda 10 AM Pendleton 6:00PM Hamburg 6:00 PM</i>	7 <i>Orchard Park 10 AM Swormsville 6:00 PM Orch. Park 6:00 PM</i>	8 <i>Lancaster 10 AM Pendleton 6:00 PM Lancaster 6:00 PM</i>	9 <i>Clarence 10 AM Amherst 6:00 PM Elma 6:00 PM</i>	10 <i>Amherst 9 AM Around Grand Island To Hill and Back</i>
11 <i>Buffalo 9 AM Medina/Albion Memorial Boston Hotel Ride</i>	12 <i>Pendleton 10 AM Clarence 6:00 PM E. Aurora 6:00 PM</i>	13 <i>Tonawanda 10 AM Pendleton 6:00PM Hamburg 6:00 PM</i>	14 <i>Orchard Park 10 AM Swormsville 6:00 PM Orch. Park 6:00 PM</i>	15 <i>Lancaster 10 AM Pendleton 6:00 PM Lancaster 6:00 PM</i>	16 <i>Clarence 10 AM Amherst 6:00 PM Elma 6:00 PM</i>	17 <i>Amherst 9 AM Century, Metric, 41 mile challenge</i>
18 <i>Buffalo 9 AM Freedom Run Wine Seven Hills</i>	19 <i>Pendleton 10 AM Clarence 6:00 PM E. Aurora 6:00 PM</i>	20 <i>Tonawanda 10 AM Pendleton 6:00PM Hamburg 6:00 PM</i>	21 <i>Orchard Park 10 AM Swormsville 6:00 PM Orch. Park 6:00 PM</i>	22 <i>Lancaster 10 AM Pendleton 6:00 PM Lancaster 6:00 PM</i>	23 <i>Clarence 10 AM Amherst 6:00 PM Elma 6:00 PM</i>	24 <i>Amherst 9 AM Sturgeon Pt. (3PM)</i>
25 <i>Buffalo 9 AM Lockport-Rapids Grape Country/ Cockaigne Gallop</i>	26 <i>Pendleton 10 AM Clarence 6:00 PM E. Aurora 6:00 PM</i>	27 <i>Tonawanda 10 AM Pendleton 6:00PM Hamburg 6:00 PM</i>	28 <i>Orchard Park 10 AM Swormsville 6:00 PM Orch. Park 6:00 PM</i>	29 <i>Lancaster 10 AM Pendleton 6:00 PM Lancaster 6:00 PM</i>	30 <i>Clarence 10 AM Amherst 6:00 PM Elma 6:00 PM</i>	<i>Amherst 9 AM Creek Rd. Canter Alden ctr. to N. Java</i>



Riders gather for Ride Leader Rebecca Ribis's safety reminders on the Monday Night North ride on 8/15/11. There are always two distances to choose from, and beautiful country roads to travel.

NFBC Members Featured on CW 23 TV Program, *Winging It*



The CW 23 TV program, *Winging It* aired a bicycling segment on July 26 that featured members of NFBC. Debbie Kieliszek and Arlyne Lepie spoke about bicycling with NFBC, and many more members were shown riding. Several weeks earlier, *Winging It* co-host Allie Hartwick and a camera man had interviewed and videotaped people on the Friday morning north ride. The segment that aired on July 26 was relatively brief and included a heavy focus on bicycling to work. NFBC got some great free publicity in the process!

Upcoming September Rides of Special Interest

By Dennis Powell

The Club Picnic will be held on **Sunday, September four** in Elma Meadows. Before the picnic, NFBC members will have a choice of 4 different rides, varying in distance and difficulty, so that there will be something to please and challenge every rider. After the rides, enjoy the picnic, organized by Lori Harf this year. Look for details on page 6 of this Newsletter.

On **Saturday, September 17**, try the Century Challenge. This will be the last century offered by the NFBC in 2011. Starting in Clarence, it explores some territory to the east of us. Much of it parallels

the Erie Canal, goes through the scenic Eagle Harbor area and passes through the canal towns of Albion, and at the furthest east point, Holley. The Metric Century Challenge and 41-Mile Challenge meander on roads near the Iroquois National Wildlife Refuge where the tree leaves may be taking on some autumnal hues.

The Freedom Run Winery rides on **Sunday, September 18**, offer the possibility of wine tasting and snacks after beautiful countryside spins.

The Sturgeon Pt. ride on **Saturday, September 24**, is scheduled for **3:00 PM**, to give riders an opportunity to meet up for dinner after the ride.

Roy's Membership Update



**By Roy Tocha,
NFBC Membership
Chairperson**

As of August 20, there are 428 members in the club. There are 335 households in the club. 69 members are new to the club. 53 households receive the *NFBC Newsletter* by snail mail. NFBC is even greener than last year! I hope you are having an enjoyable cycling season. Roy

Welcome new members:

David Arlington, Ross Bamford, AJ Bax, Gracelyn Bax, Patricia Betcher, Judyanne Bonafede, Judy Carroll, Pat Carroll, Sheila Connors, Carolyn Corgel, Mike deFreitas, Aimee Fisher, Brian Fisher, Paul Follett, Leo Garrison, Donald Gier, Donald Gier Jr., Lynn Gier, Graci Granata, Mario Granata, Dean Hall, Barbara Hoover, David Hoover, Jared Hughes, Jim Kreuzer, Daniel Kunz, Shyri Marazita, Tosca Miserendino, Michael, Morrissey, Larry Moses, Tom O'Connor, Jack Rimlinger, Susie Rimlinger, Annie Schuster, Emily Small, Barry Sternberg, Sandy Walters

The NFBC Picnic

Sunday, September 4 @ Elma Meadows

(Elma Meadows is located at 1711 Girdle Rd, Elma, NY 14059)

The rides start from the main parking lot in front of the club house in Elma Meadows. (This is the same place where the Friday night south ride starts.) There are four different rides to choose from, with the 35/45 mile rides starting at 9AM and the 12/25 mile rides starting at 10AM.



The Picnic: We'll provide the main entree, sides, and some soda, beer and wine. There will be seats at the picnic tables under the shelter; bring a lawn chair if you would like to sit outside. **RAIN OR SHINE!**

Directions: (after the ride, starting at about noon) The Picnic will be at shelter #1 in Elma Meadows. As you leave the main parking lot turn left on to the park road, follow this road to the left (the road is a circle with all the shelters on it). Our shelter will be the first shelter you come to on the right. (For

more details go to the Erie County Parks website: http://www.erie.gov/parks/elma_shelters.asp

Special Events: This year we will be having a homemade dessert contest as we have in the past. Since this club has so much talent, this year we will have fabulous prizes for 1st place and runner up. Make Betty Crocker proud! We will have raffles again this year. Tom's Pro Bike has volunteered prizes.



Lori will bring badminton gear, bocci ball, and soccer balls. Bring a volley ball, or anything of your choosing.

Fun, good food, and games await!

RSVP!

Please let Lori Harf know that you will be coming. Phone her at 601-7535 or email her at lorraineloriharf@yahoo.com The fee to attend is \$5 per person, payable at the picnic.

Thank you

CAN AM Volunteers

This year's CanAm (8/13-8/14) was successful because of the enthusiastic efforts of NFBC member volunteers. Planning for the 2011 Can Am began a year ago, with a discussion of the 2010 rides, and securing a date for 2011 at the Frank Lloyd Wright Fontana Boat House. Linc Blaisdell and Rebecca Ribis co-chaired the Can Am organizing committee, composed of Linc and Rebecca as well as Terry Turski, Dennis Powell, Brenda Fischer, Ian Currie, Bob Mahaney, Gwen Macool, and Richard Lepie. Each committee member was in charge of at least one aspect of the CanAm Century Weekend, and most wore several hats throughout the weekend. Many more club members helped on the days of the event, or preparing for the event, so this is our way to thank them all publicly. N.B. There is no hierarchy implied by the order of "topics"!

Terry Turski was in charge of publicity for the entire event, helping to attract the large number of non-NFBC riders to the CanAm. She emailed past CanAm participants and other bicycle clubs. She sent the CanAm posters (designed by Mike Fischer) to bike stores in neighboring states and, Ontario. Terry also arranged for some local advertising.

Dennis Powell was the Registrar and he was in charge of the web site. Tris Orzech handled all PayPal interactions, and she and Janice Powell worked with Dennis on all aspects of registration. They staffed a registration table during Saturday's party and Sunday morning, and through email or personal contact served as the "personal connection" for out-of-towners.

Rebecca Ribis oversaw all activities at the Frank Lloyd Wright Boathouse, which served as Headquarters for the CanAm Century Weekend. Mike Fischer, Brenda Fischer, and Tom Williams helped to coordinate things there. Paul Sprada and Roy Tocha handled parking. Paul Zebahazy selected and played recorded music for the events.

Rebecca was responsible for the Saturday "architectural tour" ride. She and Sue Stemerman were tour guides; Mike Fischer, Larry Reade, and Roy Tocha helped on the tour, and Gwen Macool and Margaret Rockwood staffed the one Saturday Rest Stop.

Bob Mahaney set up the Saturday night cocktail party at the Boat house. Gary Stevens was responsible for the boathouse itself starting at noon. Cindy Stachowski, Bruce Jansen, and Paul Sparada helped run the party. Thanks go to wine tasting host Carl from *Chateau Buffalo*.

Richard Lepie coordinated breakfast before, and lunch after the Sunday rides. Arlyne Lepie, Karen Sprada, Greg Heim, and Terry Turski were his "official" volunteers, but other people helped out when time permitted, notably Paul Sprada and Tom Williams.

The century route (new this year) was designed by Brenda Fischer, Dennis Powell and Rebecca Ribis. They were responsible for road markings, and were helped by Larry

Reade, Colleen Danaher, and Paul Zebahazy.

Ian Currie designed the 35-mile route and led the riders who chose it on Sunday. When rain hit, he was assisted by Mike Dupre in finding shelter to wait out the storm.

Linc Blaisdell worked with the US/Canadian bridge administrators to make the crossings go smoothly. He worked with non-NFBC member Chris Bonn, who is part of the Bridge Commission.

Ian Currie was responsible for the vehicle support people. He conscripted Tom's Pro Bikes (Tom Lonzi and Paul Sienkewicz), and Bert's Bikes (Bert Dunn), Ricks Cycle Shop (John Clauss), as well as Tom Williams, to find riders in need of help, providing sag and support. Tom's Pro Bike and Tom Williams responded to calls on the U.S. side, Bert's Bikes worked the Canadian side, and John Clauss of Rick's Cycle followed the crowd, serving as sweep and fixing many a flat along the way.

Gwen Macool, and Margaret Rockwell were the Rest Stop Coordinators. Mary Alice Tock provided special assistance on the Canadian side of the Niagara River. Canadian side rest stops were decorated with Canadian & U.S. Flags, & volunteers wearing red "Canada" t-shirts or baseball caps. Mary Alice & Joe Tocke & Kathy & Dick Swank staffed the Kingsbridge stop, serving homemade cookies & scones. The Brock Monument rest stop, busy with cyclists coming from two directions, was staffed by Lori Harf, Lynn Dusing, Bruce Jansen, and Sharon Jenterr, and later, when the bulk of the riders passed through Kingsbridge, Joe & Mary Alice Tocke joined them. Niagara Parks employees were friendly and helpful. Kathy & Jim Karnath, Pam Walker, Brigitte Bachman, and Stephanie Smolinski ably staffed the Whirlpool Rest Stop. Bert's Bikes contributed the refreshments for the Veterans Park Rest Stop, an oasis for people on all three of the Sunday rides. Jim Costello (no peanut butter, please!), and Ed & Pat Peters provided the nourishment and encouragement to get the riders through the last leg of the ride.

After the riders headed home on Sunday afternoon, Rebecca Ribis organized the boathouse clean-up crew: Mohamed Zeid, Tom Williams, Paul Sprada, Pam Walker, Stephanie Smolinski, and Gwen Macool.

Linc Blaisdell, Rebecca Ribis, and Elaine Rubenstein published a "Rider's Guide" to help out-of-towners acclimate to Buffalo and CanAm 6.

Thanks to all of you who made this a successful day for NFBC. On behalf of the two hundred and twelve riders who registered for this year's Can Am Century Weekend and all of NFBC, to the dedicated and talented volunteers who made it all happen, **thank you**, and **congratulations** on a job so well done!

The Toronto Bike Train Trip: A Greener Way to Travel!



By Janice Powell

My husband wasn't enthusiastic when I suggested we do Tom Barone's Toronto Bike train trip. He conceded that he didn't mind touring Toronto and that rolling your bike onto a train to get there had an exotic, sort of 'European' feel to it, but he knew he'd have to ride at my pace with the group, when he would rather hammer. Despite the slower, touring-style pace, he had as much fun as we all did.

Seventeen NFBC members traveled to Toronto in a very relaxed manner on a comfy double-decker train (\$10/person; \$5 for seniors) with our bikes secured in bike racks on the first level. Tom's Toronto friend, Willy Wong, met us and led us to our hotels. Most of us stayed in a moderately-priced hotel using the block of rooms Tom had set aside for the group, but some elected to stay at a nearby Hostel, where dormitory-style accommodations were available for about a hundred dollars less a night.



The kick-off ride that afternoon was led by Tom and Willy; they guided us out to a nearby conservation area a little east of Toronto, where there was no traffic and we enjoyed great views of the Toronto skyline over the water. That evening, most of the group enjoyed dining with Tom at a Mandarin Chinese buffet across town. Dennis, always wishing to indulge his passion for craft brews, wanted to try out a pub-style restaurant/brewery in the distillery district, so we did our own thing. Our food was great, Dennis declared his brews to be superb and I had a nice time checking out the little shops in the area.

The next morning we departed for Burlington along the Waterfront Trail with Tom and Willy leading the way. We had a little early morning sprinkle, but the rest of the day was gloriously sunny. I overheard Tom remark "It doesn't get any better than this Waterfront Trail on a nice, summer day." I thoroughly agreed. Our lunch/rest stop in Oakville included 'homemade' ice cream.

We arrived at our hotel in Burlington, again a few folks opting for a less expensive hotel than what Tom had reserved. After some pool and hot tub time, many of us got together for dinner at a restaurant a short walk from the hotel, where the Jack Astor's "jack-em-up" drink specials fueled our raucous levity.



The next day's ride from Burlington to Niagara Falls was on a new route Tom was trying out to get away from QEW traffic noise and to have more frequent and convenient store and restroom stops. The new route had ample places to stop, but at the cost of heavier traffic and rougher road surfaces. In spite of the route's difficulties, the group kept high spirits and no sour notes were sounded. We had an outstanding lunch in Jordan.

Val and Joe Rizzo provided sag service (Val did much of the driving as Joe did the ride), always with a smile. We were tired at the end but I REALLY enjoyed the trip. The groups, some old friends, some new to me, were a lot of fun. Tom provided guidance but didn't hold our hands. We rode as a group and spent our time outside of riding as we wished, joining group activities or not. It was all a very pleasant experience, and we had a blast!



Photos (this page and facing) by Brad Russell.

Freedom Run Winery Ride—Kathy Karnath

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 or back porch 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: \$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! 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. 18**



Niagara Frontier Bicycle Club

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The wet roads encountered on this year's CanAm certainly led to a high number flats and other mechanical problems for the riders. Three of our local bike shops, Tom's Pro Bikes, Rick's Cycle Shop, and Bert's Bikes, saved the day. In their vans or on bicycle, they were busy traveling the routes, donating their time and expertise to keep everyone rolling. Needless to say, e-retailers Nashbar and Performance were nowhere in sight. The message is simple: support your local bike shops, they support us.

Online e-retailers have tempting prices on biking gear and parts. But after you choose your item, add on shipping and handling, and then compare it to the same item purchased from a local bike shop (LBS) that gives NFBC members a 10% discount,

you'll find there isn't much difference. Then factor in the service and know-how that the LBS offers in selecting and using that item, and the LBS wins every time. And you get to see and feel the item to check its quality and suitability *before* you buy it.

Many NFBC members can do some needed work on their own bikes; certainly selecting and installing tubes and tires fits in this category. Why buy those items from your LBS, then? If you have a choice, keep your money local. These are the people who WILL be there for the mechanical problem you can't figure out. The LBS is a hub for our local bicycling community: by supporting NFBC rides, charity rides, and offering their own rides; by informing us and educating us to be better riders; and by encouraging new cyclists to join us.

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.

Niagara Frontier Bicycle Club
3637 Northcreek Run
Wheatfield NY 14120

MAILING ADDRESS



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Thurs: 10-7 Fri: 10-5 Sat: 10-5

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