

# NFBC NEWSLETTER

## Dates to Remember

- Sept. 7 - Labor Day Party Ride
- Sept. 13 - Welland Canal Ride
- Oct. 4 - Fall Trash and Treasure Ride

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

## KAZOO PARTY RIDE—LABOR DAY, MONDAY, SEPT. 7

The Kazoo Ride is a fun ride with easy to moderate terrain. It starts at the Evans Senior Center at the Corner of Erie Road (Route 5) and Sturgeon Point Road at 10:00 AM.

**NOTE: Mind the speed limits in Derby. Tickets have been written in the past for speeds only 5 mph above what's posted.**

After the ride, head on over to Joan and Mike Maher's place in Lake View for a post ride party. The address is 1933 Hanley Drive, Lake View. From the ride start, you will head east (towards Buffalo) on Route 5 for 4.4 miles, turn right onto Lakeview Rd., then about 0.7 miles up, turn right onto Hanley Dr. (Community Church on corner). Official party rules apply. Bring a dish to pass and, if you can, some chairs.

*Editor's Note: Don't forget to feed the kitty.*

## Special Event: Ian Currie's Welland Canal /Niagara Food Festival Ride



**Directions:** The Ride start is at the Hatch (Erie Basin Marina)—same place as the Sunday Morning Ride start.

**The Ride:** The ride is flat and 90% of it is on bicycle paths. The mileage is 63 Miles. There is an alternate return route where 50% of the ride is on back roads. The ride is scheduled to coincide with the Niagara Food Festival in downtown Welland, Ontario, providing a great lunch stop.

**Don't forget: Passports (or passport-equivalents) are required!**

**Sunday  
Sept.  
13**



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

## September 2015 WEEKEND RIDE SCHEDULE

DATE	TIME	RIDE #	RIDE NAME	MILES	DIFF	ELEV	LOCATION	RIDE LEADER
Sat, Sep 05	10:00AM	722	Medina Albion Grand Tour	42 / 33	Easy	540	Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina	TBD
Sat, Sep 05	10:00AM	370	Pat's New Ride	43 / 28	Diff/MD	1800/1200	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Sandy Bunn 863-7333
Sun, Sep 06	10:00AM	705	Indian Falls Log Cabin	38/ 30	Mod/Mod	0	Russel Town Park, Clinton & Main St., Akron	TBD
Sun, Sep 06	10:00AM	86	Ski Country	44 / 33	XD	2800/2000	Sprague Brooke Park Parking Lot, Foote Rd. (L off Rt. 240, Glenwood, NY)	Julie Alsani 474-0622
Mon, Sep 07	10:00AM	328	Kazoo Klassic II	37	MOD	1800	Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5	Michelle Smith 479-0841
Sat, Sep 12	10:00AM	365	Around Grand Island	25	Easy	0	Kaegebein Elementary School, South Parkway and Love Rds. Grand Island	Sue Alessi 694-0853
Sat, Sep 12	10:00AM	392	Flamingo Ride	33/26	Diff/ Mod	2000/ 1200	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Vicky Perry 445-5861
Sun, Sep 13	9:00AM	912	Welland Canal	0	0	0	Erie Basin Marina, parking lot by The Hatch, Buffalo	Ian Currie 601-7390
Sun, Sep 13	10:00AM	276	Snake Run	55	XXD	3450	Ashford Office Complex (Rt 219 & Ashford Hollow Rd; approx 8 miles S of Springville	Carl Mach 685-0832
Sat, Sep 19	10:00AM	730	Lower River Rd.	44	Mod	0	HSBC Plaza Sanborn, corner of Saunder's Settlement Rt 31 and Hoover Rd., Sanborn	Bob Alessi 545-3737
Sat, Sep 19	10:00AM	381	Emery Bored	44	MD	1600	Emery Park, 2084 Emery Rd., South Wales	Ron Wakefield 983-4290
Sun, Sep 20	10:00AM	780	Sand Hill Double	32/ 28	Mod/ Mod	800/600	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	TBD
Sun, Sep 20	10:00AM	387	Zoar Valley	42/ 26	XXD/M-D	3100/1500	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	Loren Danaher 430-1600
Sat, Sep 26	3:00PM	357	Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	TBD
Sun, Sep 27	10:00AM	782	Brockport Breeze	52 / 44 / 35		0	Elba Central School, 57 S Main St (SR98), 4 miles north of NYS Thruway Exit 48, Elba	TBD
Sun, Sep 27	10:00AM	331	Fish Hill	36	Diff	2600	Hamlin Park (south parking lot), S Grove St	Bradshaw Hovey 857-0906
Sat, Oct 03	11:00AM	415	Pembroke to Alexander	0	0	0	Pembroke Central HS, Rt 77 & Rt 5	TBD
Sat, Oct 03	11:00AM	337	The Plank	38	Easy	800	Parking Lot behind fire hall across from 44 Long Ave, Hamburg	Charles Grammer 713-1469
Sun, Oct 04	11:00AM	364	Fall Trash & Treasure	28 / 24	Diff/Easy	1800/600	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222

**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
<b>Monday</b>	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
<b>Tuesday</b>	AM	Ellicott Creek Island Park (off Niagara Falls Blvd on Creekside), Tonawanda	Joe Pizzuto 982-4142
	PM	West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton	Jim and Kathy Karnath, 688-2968
	PM	Municipal parking lot off Long Ave (opposite #48) by fire hall & water tower, Hamburg	Matt Luly, 648-8988
<b>Wednesday</b>	AM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Marty Payne 997-9324
	PM	St. Mary's Church at Transit & Stahley Rd., Swarmsville (Clarence)	Peg Walker, 741-4616
	PM	Municipal parking lot, S. Buffalo & E. Quaker Rds., Orchard Park	Frank Soltiz, 937-6924
<b>Thursday</b>	AM	Como Park, first parking lot on the right from the Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Amherst Museum, Tonawanda Creek (South) and New Rds., Amherst	Marty Viggato, 570-5896
	PM	St. John's Lutheran Church, 55 Pleasant Ave., east of Central Ave., Lancaster Avenue, Lancaster	Liz Skelton, 400-6091
<b>Friday</b>	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle, Elma	Pat and Loren Danaher, 310-8136
<b>Saturday</b>	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Marion Reslow, 833-3615 Bob Silkes 688-6246
<b>Sunday</b>	AM	Erie Basin Marina, parking lot by The Hatch, Buffalo	Ian Currie, 601-7390

## DAY OF THE WEEK RIDE START TIMES

Sat & Sun "Breakfast Rides"	9:00 AM all season (members usually stop for a quick diner breakfast)	
Weekday AM Rides	10:00 AM in April, May, Sept. & Oct.	9:00 AM in June, July & Aug.
Weekday PM Rides	6:00 PM in April & Sept.	6:30 from May through Aug.

# SEPTEMBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 10 AM Tonawanda <i>6:00 PM Pendleton,</i>	<b>2</b> 10 AM Orchard Park <i>6:00 PM Clarence,</i>	<b>3</b> 10 AM Lancaster <i>6:00 PM Amherst,</i>	<b>4</b> 10 AM Clarence <i>6:00 PM Elma</i>	<b>5</b> 9 AM Amherst Medina Albion G.T. Pat's New Ride
<b>6</b> 9 AM Buffalo Indian Falls Log Cabin Ski Country	<b>7</b> Kazoo Klassic	<b>8</b> 10 AM Tonawanda <i>6:00 PM Pendleton, Hamburg</i>	<b>9</b> 10 AM Orchard Park <i>6:00 PM Clarence, Orchard Park</i>	<b>10</b> 10 AM Lancaster <i>6:00 PM Amherst, Lancaster</i>	<b>11</b> 10 AM Clarence <i>6:00 PM Elma</i>	<b>12</b> 9 AM Amherst Around Grand Island Flamingo Ride
<b>13</b> Welland Canal Snake Run	<b>14</b> 10 AM Pendleton <i>6:00 PM Clarence, East Aurora</i>	<b>15</b> 10 AM Tonawanda <i>6:00 PM Pendleton, Hamburg</i>	<b>16</b> 10 AM Orchard Park <i>6:00 PM Clarence, Orchard Park</i>	<b>17</b> 10 AM Lancaster <i>6:00 PM Amherst, Lancaster</i>	<b>18</b> 10 AM Clarence <i>6:00 PM Elma</i>	<b>19</b> 9 AM Amherst Lower River Rd. Emery Bored
<b>20</b> 9 AM Buffalo Sand Hill Double Zoar Valley	<b>21</b> 10 AM Pendleton <i>6:00 PM Clarence, East Aurora</i>	<b>22</b> 10 AM Tonawanda <i>6:00 PM Pendleton, Hamburg</i>	<b>23</b> 10 AM Orchard Park <i>6:00 PM Clarence, Orchard Park</i>	<b>24</b> 10 AM Lancaster <i>6:00 PM Amherst, Lancaster</i>	<b>25</b> 10 AM Clarence <i>6:00 PM Elma</i>	<b>26</b> 9 AM Amherst 3PM Lancaster On The Weekend
<b>27</b> 9 AM Buffalo Brockport Breeze Fish Hill	<b>28</b> 10 AM Pendleton <i>6:00 PM Clarence, East Aurora</i>	<b>29</b> 10 AM Tonawanda <i>6:00 PM Pendleton, Hamburg</i>	<b>30</b> 10 AM Orchard Park <i>6:00 PM Clarence, Orchard Park</i>	<b>1</b> 10 AM Lancaster	<b>2</b> 10 AM Clarence	<b>3</b> 9 AM Amherst Pembroke to Alexan- der (tentative) The Plank
<b>4</b> 9 AM Buffalo Fall Trash and Treasure						

The recurring day-of-the-week rides are indicated in italics.  
Check the schedule on pg. 2 for ride times for Weekend Rides.

## NFBC NEWSLETTER DEADLINE

The deadline for submission of articles to the Newsletter is the twelfth (12<sup>th</sup>) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities, and digital Kodak moments themed to bicycling, with captions. Send to [powell.dennis.j@gmail.com](mailto:powell.dennis.j@gmail.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](mailto:tturski@aol.com), 688-8904), (aka the Sunshine Committee), or Linc Blaisdell, president. NFBC cares about its people!



# Support the Local Bike Shops that support your NFBC



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Tonawanda, NY 14150  
Phone: 716-837-4882  
Fax: 716-837-1307

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


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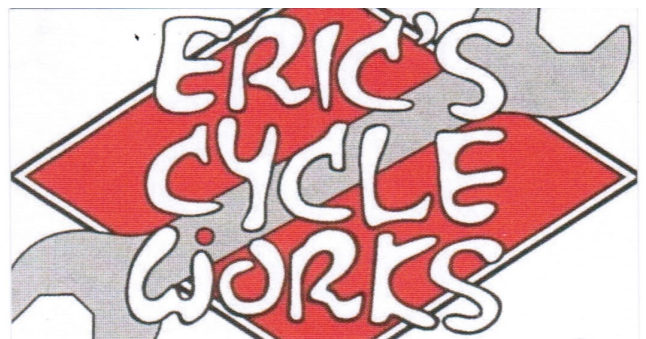


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## RIDE LEADER NEEDED

The NFBC is looking for a ride leader to lead rides out of the Buffalo Niagara Heritage Village Museum (formerly Amherst Museum) at Tonawanda Creek South and New Rds in Amherst. This is a Thursday evening ride that runs from April through September every week. Marty Viggato has been doing variations (different locations/days) of this ride for 7 years and will be stepping down. There are an established set of very nice routes for this ride start and the NFBC Ride Committee can assist with setting the ride leader up for ride leader duties. Contact Brenda Fischer (contact info at end of this newsletter) if you are interested.

A tip of the helmet goes to Marty for all he's done in keeping this a fun ride to attend.

## NOTE

**Weekday Evening Rides start at 6:00PM during month of September.**

### Niagara Frontier Bicycle Club

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**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

Email1  Email2  Email Change?  Yes  No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC  NO LOCAL BIKE CLUBS  NO

Primary Member/Guardian	Signature	Date	Member No.
Additional Members:		Birthdate (if under 18)	

Family Membership includes any two adults and their children under the age of 18, living at the same address.

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$40.00
<b>TOTAL</b>	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.  
 c/o 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@yahoo.com](mailto:nfbc@yahoo.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 2015

*NFBC—We ride every day*

Niagara Frontier Bicycle Club  
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Wheatfield NY 14120

MAILING ADDRESS

