

# NFBC NEWSLETTER

September 2016

*We ride every day!*

Volume 47, Issue 8

## Dates to Remember

- Sept. 5 - Labor Day party ride
- Sept. 11- Niagara Food Festival Ride
- Sept. 24 - Fall Dinner Ride

## Inside this Issue

|                      |     |
|----------------------|-----|
| Elections            | 5   |
| Summary of Club Trip | 6-7 |
| Special Rides        | 8   |

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## HEADING INTO FALL

It's getting dark earlier and soon the daytime temperatures will be dropping. After a great summer of riding, the season is winding down. Not to worry, there is a great schedule of rides for September that will test those well-conditioned legs. Look for the annual Labor Day Party ride and the Niagara Food Festival ride this month. There will also be a 3pm 'dinner' ride. There is a spring and fall dinner ride. The idea is to take advantage of the warmer temperatures later in the day and to also get together with cycling friends at a restaurant for dinner.

The fall general meeting will be held this month. It will be an opportunity to go over the season behind us and a little peek at what's in store down the road.

There will be an election of new (and current) club officers at this General Meeting. Look for the details within this issue.

A note from Kathy Karnath:

Save the date, clear your schedule - the 2016 NFBC banquet will be held on Friday, November 18, 2016 at the Pearl Street Grill! Details to follow, but put it on your calendar now!

And if you'd like to see a slide show pictorial recap of the year, please start taking pictures and send them to me!

Kathleen Karnath  
NFBC Banquet Coordinator

## NOTE

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



## SEPTEMBER 2016 WEEKEND RIDE

| Date        | Time     | Ride # | Ride Name           | Miles        | Rating    | Elev       | Start Location  | Ride Coordinator             |
|-------------|----------|--------|---------------------|--------------|-----------|------------|---|------------------------------|
| Sat, Sep 03 | 10:00 AM | 362    | Clarence to Alden   | 43 / 25      | Easy      | 600/300    | Clarence High School, Main St. at Gunnville Rd.   | Betsy Dexheimer 585-343-5172 |
| Sat, Sep 03 | 10:00 AM | 86     | Ski Country         | 44 / 33      | XD        | 2800/2000  | Sprague Brooke Park Parking Lot, Foote Rd. (L off Rt. 240, Glenwood, NY)  | Fred Kobler                  |
| Sun, Sep 04 | 10:00 AM | 335    | Akron Junction      | 38 / 28      | Easy      | 0          | Parking lot on Sawmill at Main St., Clarence Hollow   |                              |
| Sun, Sep 04 | 10:00 AM | 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          |
| Mon, Sep 05 | 10:00 AM | 328    | Kazoo Klassic II    | 37           | MOD       | 1800       | Evans Elementary School -Sturgeon Pt. Rd. @ Rt. 5   | Michelle Smith 479-0841      |
| Sat, Sep 10 | 10:00 AM | 405    | Sing n'Scream       | 43 / 31      | Mod/Mod   | 0          | Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster                          |                              |
| Sat, Sep 10 | 10:00 AM | 392    | Flamingo Ride       | 33/26        | Diff/ Mod | 2000/ 1200 | Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales  | Ron Penton                   |
| Sun, Sep 11 | 9:00 AM  | 912    | Welland Canal       | 0            | 0         | 0          | Erie Basin Marina, parking lot by The Hatch, Buffalo  | Ian Currie 601-7390          |
| Sun, Sep 11 | 10:00 AM | 408    | Eighty-six It Ride  | 36/25        | XXD/Diff  | 3600/2500  | Springville Parking Lot (Rt. 219 Ex. To Springville, L o Rt. 39, R on Buffalo Rd. to parking lot on left, Springville | Pat Danaher 310-8136         |
| Sun, Sep 11 | 10:00 AM | 365    | Around Grand Island | 25           | Easy      | 0          | Kaegebein Elementary School, South Parkway and Love Rds. Grand Island   |                              |
| Sat, Sep 17 | 10:00 AM | 731    | Brown's Berry Patch | 40           | Mod       | 710        | Behind Captain Kidz Restaurant, E. Center Str. SR31, Medina   |                              |
| Sat, Sep 17 | 10:00 AM | 381    | Emery Bored         | 44           | MD        | 1600       | Emery Park, 2084 Emery Rd., South Wales   | Ron Wakefield 983-4290       |
| Sun, Sep 18 | 10:00 AM | 780    | Sand Hill Double    | 32/ 28       | Mod/ Mod  | 800/600    | Clarence Center Elementary School, Clarence Center Rd. east of Goodrich   |                              |
| Sun, Sep 18 | 10:00 AM | 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 24 | 3:00 PM  | 424    | New Kamath 3 Ride   | 0            | 0         | 0          | West Canal Park (Near Niag. Falls Blvd), Pendleton  |                              |
| Sun, Sep 25 | 10:00 AM | 782    | Brockport Breeze    | 52 / 44 / 35 | Mod       | 0          | Elba Central School, 57 S Main St (SR98), 4 miles north of NYS Thruway Exit 48, Elba                                  |                              |
| Sun, Sep 25 | 10:00 AM | 331    | Fish Hill           | 36           | Diff      | 2600       | Hamlin Park (south parking lot), S Grove St   | Bradshaw Hovey 857-0906      |

**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   | West Canal Marina Park on Tonawanda Creek Rd. at Townline, Pendleton                            | 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                                | Fred Marcheson 870-2112                        |
|                  | PM   | St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)                              | Carlos Torres (temp) 207-9968                  |
|                  | 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   | Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst          | Rich Amantia 983-8941                          |
|                  | 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,                         |
| <b>Saturday</b>  | AM   | Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst           | Marion Reslow, 833-3615<br>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 2016

| Sun  | Mon   | Tue  | Wed   | Thu  | Fri  | Sat  |
|--|---|--|---|--|--|--|
|  |   |  |   | 1<br><i>10 AM Lancaster<br/>6:00 PM Amherst<br/>6:00 PM Lancaster</i>  | 2<br><i>10 AM Clarence<br/>6:00 PM Elma</i>  | 3<br><i>9 AM Amherst<br/>Clarence to Alden<br/>Ski Country</i>     |
| 4<br><i>9 AM Buffalo<br/>Akron Junction<br/>Pat's New Ride</i>                 | 5<br><b>LABOR DAY</b><br>Kazoo Klassic                                  | 6<br><i>10 AM Pendleton<br/>6:00 PM Pendleton</i>  | 7<br><i>10 AM Orchard Pk.<br/>6:00 PM Clarence<br/>6:00 PM Orchard Pk.</i>  | 8<br><i>10 AM Lancaster<br/>6:00 PM Amherst<br/>6:00 PM Lancaster</i>  | 9<br><i>10 AM Clarence<br/>6:00 PM Elma</i>  | 10<br><i>9 AM Amherst<br/>Sing n' Scream<br/>Flamingo Ride</i>     |
| 11<br><i>9 AM Welland Canal<br/>Around Grand Island<br/>Eighty-Six It Ride</i> | 12<br><i>10 AM Pendleton<br/>6:00 PM Clarence<br/>6:00 PM E. Aurora</i> | 13<br><i>10 AM Pendleton<br/>6:00 PM Pendleton</i> | 14<br><i>10 AM Orchard Pk.<br/>6:00 PM Clarence<br/>6:00 PM Orchard Pk.</i> | 15<br><i>10 AM Lancaster<br/>6:00 PM Amherst<br/>6:00 PM Lancaster</i> | 16<br><i>10 AM Clarence<br/>6:00 PM Elma</i> | 17<br><i>9 AM Amherst<br/>Brown's Berry Patch<br/>Emery Bored</i>  |
| 18<br><i>9 AM Buffalo<br/>Sand Hill Double<br/>Zoar Valley</i>                 | 19<br><i>10 AM Pendleton<br/>6:00 PM Clarence<br/>6:00 PM E. Aurora</i> | 20<br><i>10 AM Pendleton<br/>6:00 PM Pendleton</i> | 21<br><i>10 AM Orchard Pk.<br/>6:00 PM Clarence<br/>6:00 PM Orchard Pk.</i> | 22<br><i>10 AM Lancaster<br/>6:00 PM Amherst<br/>6:00 PM Lancaster</i> | 23<br><i>10 AM Clarence<br/>6:00 PM Elma</i> | 24<br><i>9 AM Amherst<br/><b>3PM</b> West Canal<br/>Ride by JK</i> |
| 25<br><i>9 AM Buffalo<br/>Blockport Breeze<br/>Fish Hill</i>                   | 26<br><i>10 AM Pendleton<br/>6:00 PM Clarence<br/>6:00 PM E. Aurora</i> | 27<br><i>10 AM Pendleton<br/>6:00 PM Pendleton</i> | 28<br><i>10 AM Orchard Pk.<br/>6:00 PM Clarence<br/>6:00 PM Orchard Pk.</i> | 29<br><i>10 AM Lancaster<br/>6:00 PM Amherst<br/>6:00 PM Lancaster</i> | 30<br><i>10 AM Clarence<br/>6:00 PM Elma</i> |  |

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!

## ELECTION 2016



The NFBC has a governing board made of four officers and five board members, all elected. The newsletter editor and membership chair also serve as board members but are not elected. Elected board members serve for a term of two years. If board members wish to step down at the end of their term, a nominating committee is formed to canvas for replacements. The new candidates (and board members wishing to continue) are voted in at the Fall General meeting, usually held in October. At that time, nominations can be taken from the floor from any NFBC member for new candidates. The resultant vote will establish who will serve in the board position for the new term.

Open positions this year are the club president, treasurer and three board members. The nominating committee, chaired by Ian Currie, with Elaine Rubenstein and Pat Danaher as committee members, have offered these candidates:

President - Rob Nowinski

Treasurer - Kathy Karnath

Board Member - Jen Adolphe

Board Member - Michelle Bates

Board Member - Joe Pizzuto

Current members wishing to continue are:

Vice President - Brenda Fischer

Secretary - Liz Skelton

Board Member - Jack Rimlinger

Board Member - Cindy Adams

ALL are up for election at the fall General Membership meeting.

Please join me in thanking Linc Blaisdell, Frank Soltiz and Ian Currie for the time they've devoted to keeping this machine called the Niagara Frontier Bicycle Club running smoothly.

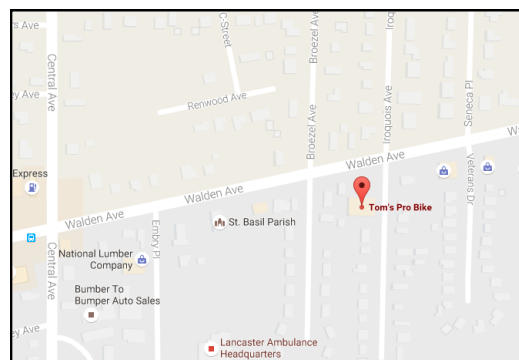


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## FALL GENERAL MEMBERSHIP MEETING

**WHEN: OCTOBER 21, 7:00 PM**

**WHERE: TOM'S PRO BIKE  
3687 WALDEN AVE.  
LANCASTER, NY**



## NFBC Corning/Elmire Bike Trip 2016

by Sophie Knab

By his own admission, humorist, writer, riverboat captain Mark Twain (AKA Samuel Clemens) was 49 years old when he first got on a bike.

"It was on the 10th day of May--1884--that I confessed to age by mounting spectacles for the first time, and in the same hour I renewed my youth, to outward appearance, by mounting a bicycle for the first time.

The spectacles stayed on.

- *Mark Twain's Speeches*

He went on to say, "Get a bicycle, you will not regret it, if you live."

Not much has changed in the intervening years. People still take to bikes at different times in their lives and still have to deal with bad roads and incoming dogs and spills off the bike. And like the great man himself we encourage everyone we meet to take up the joys of biking.

By all counts, this year's NFBC bike trip to the Corning/Horseheads/Elmira region, was a big success mostly due to the hard work and diligence of Cindy Adams. Cindy, you be the woman!(Again! Wow!) The first night of the trip the local bike club out of Elmira, the Big Horn Velo, came out on their bikes and led us out on a bike ride through winding roads and farmlands to acquaint us with the local scenery. Much to our surprise, members of the club met us again the next morning to lead us out through the city streets of Elmira with its construction and detours unto wider, safer shoulders. How sweet of them was that?

The sun was hot, hot, hot. It was windy. The rides were as long, as short and as challenging as you chose them to be. Rivers were crossed and streams meandered with you along the side of the road. We rode through small town America with Old Glory flying, the whiff of manure in the wind, and the sound of chatter and laughter floating back along the pace line as we pedaled along. And when we were done, all sweaty, exhausted and goofy-smiley with happiness that we finished the day's ride we needed a nap and a beer but not necessarily in that order! It was fun!

The Corning Museum of Glass with its the hot glass demos and docent-led tours is unforgettable. Did you know that Corning Ware was discovered by a chemist quite by accident during attempts to develop a material capable of withstanding thermal shock for ballistic missiles? Our mac and cheese bubbling away in Corning Ware has taken on a whole new dimension. Equally interesting was following the Mark Twain Trail. The beautiful campus of Elmira College, the first college in the United States to grant baccalaureate degrees to women, is home to exhibits and statues dedicated to

Mark Twain and his wife Olivia Langdon. It also hosts his original study, relocated from Quarry Farm in Elmira where Mark Twain wrote some of his most famous works including the Adventures of Tom Sawyer, Life on the Mississippi, and the iconic Adventures of Huckleberry Finn.

All in all, a great place to ride, a great place to sight-see. Thanks again to Cindy Adams for all your hard work. Thanks to Fred Talmud for working on the cue sheets(so appreciate not getting lost!) Thanks to Paul Sprada and Bob Alessi, for grilling in such hot weather at the picnic. Thanks to everyone for being such a great group to share a weekend with.

A parting quote, apropos of nothing to do with riding, but I'm still under the lingering effect of spending such a great time in Mark Twain territory.

Suppose you were a member of Congress.

And suppose you were an idiot.

But I repeat myself.

Mark Twain



Corning Clock Tower



## Corning/Elmira NFBC Club Trip



**KAZOO PARTY RIDE—LABOR DAY, MONDAY, SEPT. 5**

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. 11**



## SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



**Tom Lonzi**  
Owner

3687 Walden Avenue  
716.651.9995

9430 Transit Road  
716.688.2453

tlonzi@tomsprobike.com



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Michael & Heather Trost

**PLEASE NOTE**

**The Tuesday Morning Rides will start at the West Canal Marina Park on Tonawanda Creek Rd. in Pendleton for the month of September.**

**Also note that the Tuesday evening ride will move back to West Canal Marina Park for the month of September.**

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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@yahoogroups.com](mailto: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:

**1.** 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.

**2.** All riders must wear a Snell or ANSI approved bicycle helmet.

**3.** Riders should not ride beyond their limits or their ability to cope with variations in road conditions (wetness, gravel, ice, snow, potholes, etc.).

**4.** Riders must remain in constant control of speed and direction at all times so as to avoid contact with obstacles and with other riders.

**5.** 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.

**6.** Riders must not overtake another rider in such a manner as to cause contact with the rider being overtaken.

**7.** Riders make certain there is adequate safe space between themselves and the rider in front.

**8.** 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 2016

*NFBC—We ride every day*

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