

NFBC NEWSLETTER

Dates to Remember

Kazoo Ride
September 3rd
10:00 AM

Election Nominations
September 7th
See P. 2

Welland Canal Sunday
September 9th
9:00 AM

Spotlight
Kendall Quilt Barns
Wednesday Sept. 19th

Multiple Choice Century
September 22nd

What's Inside

Ride Schedules PP. 4,5,6

President's Message P. 7

CanAm Pictures P. 8

Empire State Ride Pictures
P.9

CanAm Wheelset Winner P. 13



Crossing the Peace Bridge 2018 CanAm

So, it's September. Two more months of great riding, the Kazoo Party Ride on Labor Day, a midweek Spotlight Ride on Wednesday, September 19th and the Multiple Choice Century on the 22nd. See the weekend ride schedule for each of these rides.

Another successful CanAm and Club Picnic are in the books; kudos to all those members who made them a success! See inside for a message regarding the CanAm and some pictures. There are also pictures from the Empire State Ride which featured several NFBC members.

This is an Election year. Please see the message from board member Jen Adolf on page two. If you are interested in serving as a board member or officer of the club, it is important that you inform the election committee before September 7th.

**Weekday Evening rides start at 6:00 PM beginning in
September**

Election Notice

Members,

The four NFBC officers and the five NFBC Board of Directors members are elected for two-year terms. 2018 is the final year of the current two-year term, so we will have elections for the 2019-2020 term at our October meeting. The procedure for elections is to have a nominating committee of three people - one current Board member and two non-Board members - who meet to select a slate of candidates that will be presented at the election meeting. People who have NOT been selected for the slate may also be nominated at the meeting. I will be heading this year's nominating committee, with Jim Karnath and Julie Alsani being the non-Board members to complete the committee. Anyone who is interested in becoming an NFBC officer or Board member should contact one of us by September 7, 2018. This will allow us to choose this year's slate of candidates. The slate will be published in the October newsletter along with the date, time and place of the October meeting.

Jen Adolf jadolf223@gmail.com

Jim Karnath jimkarnath@yahoo.com

Julie Alsani jalsani@verizon.net

KAZOO PARTY RIDE—LABOR DAY, MONDAY, SEPT. 3

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.

Cycling Slows Aging



Exercise dramatically slows the aging process, helping people look and feel decades younger, new research suggests. British Scientists compared a group of 125 avid cyclists between 55 and 70 years old with a group of inactive older people and younger adults in their 20s and 30s. They found those who routinely biked long distances had more muscle mass, less body fat, and healthier cholesterol levels than their sedentary peers. The cyclists also had the memory, balance, and immune system function of the adults roughly half their age. As people grow older, their bodies make fewer and fewer T cells, which help protect against infection. Researchers found, however, that the active older adults were still making as many T cells as the people in their 20s, potentially reducing

their risk for infections, cancer, and auto-immune diseases, *NBCNews.com* reports. With people living longer and longer, study author Janet Lord says, exercise can help keep you healthy and active into your 80s. "We hope that this will really encourage adults to stay as physically active as they can," she said.

(*The Week*, March 30, 2018)

Welcome New Members

Hugh Siegner, Lynn Melonic, Honey Melonic, Christine Miller, John Walker,
Megan DiNardo

NFBC Membership Stats

According to membership chairperson, Michele Smith, NFBC now has 378 members. The Club welcomed 51 new members and 10 new families this year. The largest percentage of members live in Amherst (Amherst, E Amherst, Getzville and Williamsville) with 26%, followed by Buffalo with 10%. By quick calculation, approximately 72% of members live in the north towns, 24% in the south towns, and 4% in other, including Florida!

WEEKEND RIDE SCHEDULE

September 2018

We Ride Every Day

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362	Clarence to Alden	Sat, Sep 1	10:00 AM	Clarence High School, Clarence	43 / 25	600 / 300	EZ	NEEDS LEADER. VOLUNTEER HERE.
370	Sandy's Pat's New Ride	Sat, Sep 1	10:00 AM	Parking Lot behind fire hall, Hamburg	43 / 28	1800 / 1200	DIFF / MD	Sandy Bunn (863-7333)
347	Sanborn Scramble	Sun, Sep 2	10:00 AM	North Amherst Fire Co., Amherst	29 / 24	295	EZ	NEEDS LEADER. VOLUNTEER HERE.
435	Oom-pah-pah!	Sun, Sep 2	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	37 / 24	2259 / 1183	XXD / MOD	Pat Danaher (310-8136)
328	Kazoo Klassic II (Party)	Mon, Sep 3	10:00 AM	Evans Elementary School, Evans	37 / 20	1200 / 500	MOD / EZ	Michele Smith (716-479-0841)
749	Wilson - Olcott Express	Sat, Sep 8	10:00 AM	Cambria Town Hall (at Cambria Rd), Cambria	41 / 32	855 / 528	EZ	NEEDS LEADER. VOLUNTEER HERE.
392	Flamingo Ride	Sat, Sep 8	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	33 / 26	2000 / 1200	DIFF / MOD	NEEDS LEADER. VOLUNTEER HERE.
912	Welland Canal (International, Special Event)	Sun, Sep 9	9:00 AM	Hatch (In front of The Hatch restaurant.), Buffalo	64		MD	Ian Currie (601-7390)
365	Around Grand Island	Sun, Sep 9	10:00 AM	Kaegebein Elementary School, Grand Island	25		EZ	NEEDS LEADER. VOLUNTEER HERE.
408	Eighty-six It Ride	Sun, Sep 9	10:00 AM	Springville Parking Lot (Rt. 219 Exp. to Springville. L on Rt. 39. R on Buffalo Rd. to parking lot on Left), Springville	36 / 25	3600 / 2500	XXD / DIFF	Vicky Perry (7164455861)

WEEKEND RIDE SCHEDULE

September 2018

We Ride Every Day

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381	Emery Bored	Sat, Sep 15	10:00 AM	Emery Park, Wales	44	1600	MD	John Kozinski (675-6197)
429	Feel the Breeze	Sat, Sep 15	10:00 AM	Behind Captain Kidz Restaurant (E. Center Str. SR31), Medina	43 / 39 / 26	926 / 861 / 557	EZ	Tim Cleary (807-7174)
780	Sand Hill Double	Sun, Sep 16	10:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	32 / 28	1160 / 568	DIF F / MO D	NEEDS LEADER. VOLUNTEER HERE.
387	Zoar Valley	Sun, Sep 16	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 26	3100 / 1500	XXD / MD	Pat Danaher (310-8136)
1	SPOTLIGHT KENDALL QUILT BARNs (Special Event)	Wed, Sep 19	10:00 AM	Partyka Farms, Kendal	30		EZ	Rebecca Ribis (837-0089)
207	Multiple Choice C - Century	Sat, Sep 22	7:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	103	1371	XD	NEEDS LEADER. VOLUNTEER HERE.
205	Multiple Choice	Sat, Sep 22	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	31		EZ	NEEDS LEADER. VOLUNTEER HERE.
206	Multiple Choice - Metric	Sat, Sep 22	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	62		EZ	NEEDS LEADER. VOLUNTEER HERE.
782	Brockport Breeze	Sun, Sep 23	10:00 AM	Elba Central School (Elba Central School Parking Lot), Elba	53 / 44 / 35		MO D / EZ	Elizabeth Skelton (716-400-6091)
227	Boston Baked Buns	Sun, Sep 23	10:00 AM	Parking Lot behind fire hall, Hamburg	55	3229	XXD	Charles Grammer (716-713-1469)
259	Half Baked Buns	Sun, Sep 23	10:00 AM	Parking Lot behind fire hall, Hamburg	34	1768	EZ	Charles Grammer (716-713-1469)
732	Becker Farms Fiesta	Sun, Sep 30	10:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	41 / 34 / 27		EZ	David Arlington ()
410	Dutch Hollow	Sun, Sep 30	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	32 / 26	2500 / 1500	DIF F / MD	Julie Alsani (716-474-0622)

WEEKDAY 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 (off Niagara Falls Blvd. on Creekside), Tonawanda	Joe Pizzuto, 982-4142
	PM	<u>West Canal Park</u> , April, May, June & September. Pendleton Town Hall, Campbell Blvd. between Bear Ridge and Beach Ridge Rds., Pendleton. July & August.	Jim & Kathy Karnath, 860-9039
	PM	Municipal Parking Lot off Long Ave (opposite #48) by firehall and water tower, Hamburg	Matt Luly, 648-8988
Wednesday	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)	Peg Walker, 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277 Orchard Park NY	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Karen Alongi & Jason Deckert
	PM	St. John's Lutheran Church, 55 Pleasant Ave., East of Central Ave., Lancaster Ave., Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle Rd., Elma	Pat & Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase, 632-5636
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April, May, Sept. & Oct.; 9:00 AM in June, July & Aug.

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.

President's Message

Dear NFBC,

Thank you for working on the CanAm Ride. Once again you have shown your dedication to making this event happen as it returned to the beautiful Frank Lloyd Wright Fontana Boat House. Linc Blaisdell, Ian Currie and Rebecca Ribis were NFBC committee chairs for this event. Thank you for your perseverance as you endured many surprises - two key committee personnel changes, last minute route changes, and demands made by Niagara Falls Ontario.

Kathy Karnath, assisted by Karen Ostrum, created a fine Mediterranean-themed cocktail party. Thanks to you both for all your negotiating, planning, and budgeting. Thank you, Kathy, for welcoming riders and for being the greeting committee. Jim Karnath, as bartender for the Flying Bison Beer, was kind enough to share the leftovers at the post-ride lunch. Thanks, Jim, for lugging all that beer, keeping it cold for us, and providing so much support throughout the event. That was no easy feat.

Thank you to Liz Skelton, Sue Stemerman and Rebecca Ribis who were able tour guides for the History and Architectural Ride Saturday afternoon. Thanks for sticking it out on a blazing hot, humid day and for providing new and refreshing stories on the history of Buffalo.

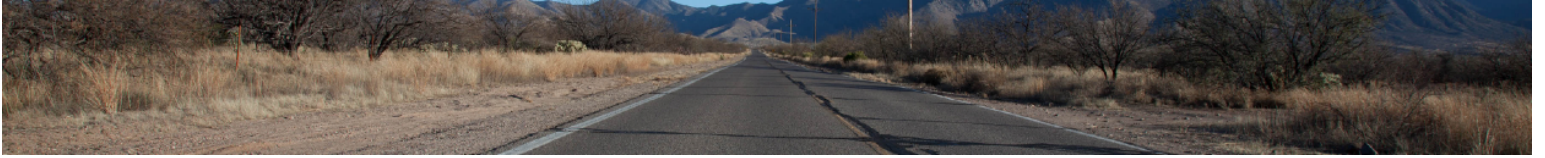
Thank you to Mike De Freitas who is always a welcome face with his calm, easygoing, knowledgeable demeanor and willingness to help. Thank you to Roy Tocha for help with the tour and parking at the Boat House.

Mike Dusing and Terry Turski were commendable faces to see at the much-needed Saturday rest stop. Thanks for being there, folks, and for keeping the water and watermelon cold and for cutting the bananas. Thanks to Lynne Dusing for her homemade butterscotch cookies. NONE were left... Also, on Saturday, Pat Danaher welcomed CanAm visitors on the NFBC ride To The Point, a great country alternative to the city tour. Thanks, Pat—as always!

Thank you to Jen Adolf who redesigned and led the Brewery Ride. Your energetic and cheery willingness to help is refreshing and remarkable. She was assisted by the equally cheery Michele Smith. What a combo! Thanks ladies! You are THE BEST!

Finally, our NFBC expert photographer Mike Maher took some excellent photos to record this year's CanAm. Thanks, Mike! A link will be posted so that everyone can view them and anticipate another great CanAm next year!

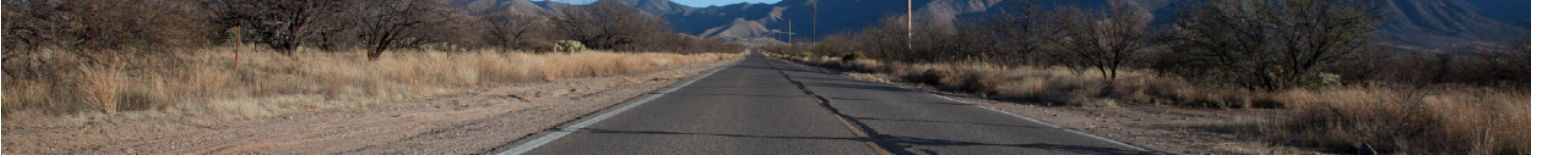
Sincerely,
Rob Nowinski



CanAm 2018



More CanAm pictures are on the NFBC website and at: <https://adobe.ly/2MjJZFx> Pictures by Mike Maher



NFBC Empire State Riders





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 pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, 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 bring a 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 party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com. 688-8904) or Robert Nowinski. Club President. NFBC cares about its people!

NIAGARA FRONTIER BICYCLE CLUB

Board of Directors

President
Robert Nowinski (490-0752)
33 Seneca Parkside
Buffalo, NY 14210
president@nfbc.com

Vice-president
Brenda Fischer (984-1415)
11 Lake Forest Pkwy
Lancaster, NY 14086
vice-president@nfbc.com

Secretary
Liz Skelton (400-6091)
38 Brandel Ave.
Lancaster, NY 14086
secretary@nfbc.com

Treasurer
Kathy Karnath (688-2968)
159 Wyeth Drive
Getzville, NY 14068
treasureer@nfbc.com

Board Members
Cindy Adams (308-0774)
55 Rehm Rd.
Lancaster, NY 14086
cynthia12@roadrunner.com

Jennifer Adolf (479-2578)
32 Carter St.
Lancaster, NY 14086
jadolff223@gmail.com

Michelle Bates (901-6240)
278 Patrice Terrace
Williamsville, NY 14221
mlbb2323@gmail.com

Bradshaw Hovey
87 Trinity Place
Buffalo, NY 14201
bhovey@roadrunner.com

Jack Rimlinger (741-8512)
70 Blacksmith Drive
E. Amherst, NY 14051
jackrim49er@gmail.com

WEBMASTER
Ron Penton
webmaster@nfbc.com

Member Chairperson
Michele Smith (479-0841)
1537 Sundance Trail
Lake View, NY 14085
membership@nfbc.com

Newsletter Editors
Joan Charleson
jtchipin@yahoo.com
Mike Maher
mikmar110@gmail.com

Club Historian
Jim Vozga (462-0600)
5830 Strickler Road
Clarence, NY 14031
voz@aol.com

Bicycling Advocate
Janice Cochran (837-0402)
19 Carmen Road
Amherst, NY 14226
jcochran@buffalo.edu



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 conditions 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 may occur 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 NFBC website).

NAME _____

STREET _____

CITY _____ Address Change? Y N

STATE _____ ZIP _____ PHONE _____

PRIMARY EMAIL _____ Email Change ? Y N

SECONDARY EMAIL _____ Email Change ? Y N

PRIMARY MEMBER/GUARDIAN SIGNATURE DATE BIRTHDATE if under 18 MEMBER # _____

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

MEMBERSHIP FEE: Individual - \$20 _____ Renewing _____ OR New _____

Family - \$30 _____



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



Bertsbikes.com

*Bicycles & Fitness
Sales & Service*

John Jansen
Director of Training
jjansen@bertsbikes.com

Main Office: 4050 Southwestern Blvd.
Orchard Park, NY 14127
Phone: 718-646-0028
Fax: 718-646-3629

Tonawanda: 1550 Niagara Falls Blvd.
Tonawanda, NY 14150
Phone: 718-637-4882
Fax: 718-637-1307

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

Henrietta: 100 Jay Scutti Blvd.
Henrietta, NY 14623
Phone: 585-424-2777
Fax: 585-424-7492



716-835-0334

685 ENGLEWOOD AVE. • BUFFALO, NEW YORK 14223
(Corner of Englewood & Starin)

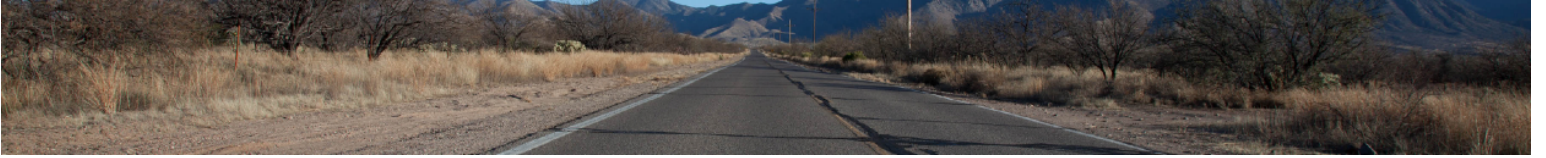
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9059 Main St. Michael & Heather Trost
Clarence, NY 14031
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Niagara Frontier Bicycle Club

