

NFBC NEWSLETTER

Dates to Remember

BANQUET!!

Friday, November 22 at

Shea's Seneca

2178 Seneca St

Details to come....

Kazoo Ride and Party
Labor Day, Mon.Sept. 2
New Start Point P. 6

Swank Party Ride
Pictures P. 2

Weekend Ride Schedule
Pp. 3 & 4

Weekday Ride Schedule
P. 5

Club Trip Pp. 11, 12, 13

Backbone of NFBC: Ride Leaders!

While we try to decide whether to ride - Is it too cold? Too hot? Too windy? Dark too soon? Might it rain/snow/sleet? Are we hurt? Are we cranky? Is there anyone to ride with? Do we have the right clothes? Is traffic too bad? Is our bike ready? Do we have TIME? - our morning & evening Ride Leaders are there! Not only do they show up for the ride every week (or arrange their own sub), they LEAD the rides. They create and update the routes, have cue sheets and road hazard warnings at the ready, and sometimes even provide snacks for the riders!

Here then is the final in a series for the 2019 season to introduce you to the people who lead NFBC rides, every day of the week! Thanks to Dennis Powell for the idea.

--Ed.

Paul Rossi is the ride leader for Thursday morning rides, which leave from Como Park, Lancaster.

Those who know Paul will not be surprised to learn that he doesn't worry about much as a ride leader: just that he is there at the start of the ride, rain or shine!

Paul joined NFBC in 2012, but said he has biked off and on for many years, riding a hybrid and many other bikes. He wanted to be a ride leader because veteran riders in the Club really introduced him to the sport of cycling, and he has made some fantastic lifelong friends! Paul feels (as do many ride leaders) that being a ride leader is a small thing to be able to contribute to the Club.

His helmet is Paul's favorite bike related item. During a NFBC metric ride about five years ago, Paul had a hard fall, and believes the helmet saved his life!

During the off-season, Paul does full body workouts and spin classes at a health club. He also enjoys hiking and cross country skiing. And there is always the random home improvement project. Plus, Paul said they usually travel to a nice, warm place and just beach it for a while! Always busy!



Weekday Evening Rides Change To 6:00 PM in September

Thank you Kathy and Dick Swank for a great party - it always is, but this one was exceptional!

September 2019

We Ride Every Day

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Everyone was optimistic at the start, some used sunscreen.



David laughed at the rain!



Brenda didn't laugh. It was wet at the end!



Everyone got soaked.



Nothing like great food to make things look better!



It looked like this outside but everyone was enjoying the party inside!



WEEKEND RIDE SCHEDULE

#	Name	Date	Time	Location	Miles	Elevation	Difficulty	Leader
362	Clarence to Alden	Sun, Sep 1	10:00 AM	Clarence High School, Clarence	43 / 25	600 / 300	EZ	NEEDS LEADER. VOLUNTEER HERE.
370	Sandy's Pat's New Old Ride	Sun, Sep 1	10:00 AM	Parking Lot behind fire hall, Hamburg	43 / 28	1800 / 1200	DI FF / M D	Sandy Bunn (863-7333)
448	KazooKlassicRevised (New, Party, Special Event)	Mon, Sep 2	10:00 AM	Wendt Beach State Park, Derby	~21-37	1273 / 686 / 676	M O D/ EZ	Michele Smith (716-479-0841)
19	Fort Erie to Niagara Falls (International)	Sat, Sep 7	10:00 AM	Peace Bridge (Busti) (Park on Busti Avenue), Buffalo	40 / 20	851 / 527	EZ	NEEDS LEADER. VOLUNTEER HERE.
435	Oom-pah-pah!	Sat, Sep 7	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	37 / 24	2259 / 1183	X X D/ M O D	NEEDS LEADER. VOLUNTEER HERE.
392	Flamingo Ride	Sun, Sep 8	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	33 / 26	2000 / 1200	DI FF / M O D	Dean Sandy (7168603261)
733	Royalton Center	Sun, Sep 8	10:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	39 / 23	404 / 148	EZ	Bob Alessi (545-3737)
408	Eighty-six It Ride	Sat, Sep 14	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	X X D/ DI FF	Ronald Wakefield ()
725	Alabama Ramble	Sat, Sep 14	10:00 AM	Clarence Middle School, Clarence	50 / 41 / 26		M O D/ EZ	NEEDS LEADER. VOLUNTEER HERE.
912	Welland Canal (International)	Sun, Sep 15	9:00 AM	Hatch (In front of The Hatch restaurant.), Buffalo	64		M D	NEEDS LEADER. VOLUNTEER HERE.

WEEKEND RIDE SCHEDULE

September 2019

We Ride Every Day

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#	Name	Date	Time	Location	Miles	Elevation	Difficulty	Leader
365	Around Grand Island	Sun, Sep 15	10:00 AM	Kaegebein Elementary School, Grand Island		25	EZ	NEEDS LEADER. VOLUNTEER HERE.
381	Emery Bored	Sun, Sep 15	10:00 AM	Emery Park, Wales		44	1600 MD	NEEDS LEADER. VOLUNTEER HERE.
387	Zoar Valley	Sat, Sep 21	10:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 26	3100 / 1500	XXD / MD	Bradshaw Hovey (716-857-0906)
780	Sand Hill Double	Sat, Sep 21	10:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	32 / 28	1160 / 568	DIFF / MOD	NEEDS LEADER. VOLUNTEER HERE.
207	Multiple Choice C - Century	Sun, Sep 22	8:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst		103	1371 XD	NEEDS LEADER. VOLUNTEER HERE.
205	Multiple Choice	Sun, 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	Sun, Sep 22	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst		62	EZ	NEEDS LEADER. VOLUNTEER HERE.
227	Boston Baked Buns	Sat, Sep 28	10:00 AM	Parking Lot behind fire hall, Hamburg		55	3229 XXD	Charles Grammer (716-713-1469)
259	Half Baked Buns	Sat, Sep 28	10:00 AM	Parking Lot behind fire hall, Hamburg		34	1768 DIFF	Charles Grammer (716-713-1469)
732	Becker Farms Fiesta	Sat, Sep 28	10:00 AM	Nelson C. Goehle Marina (Wide Waters), Lockport	41 / 34 / 27		EZ	David Arlington ()
410	Dutch Hollow	Sun, Sep 29	10:00 AM	Wales Town Park (RT 20A, 3.3 miles east of RT 400), Wales	32 / 26	2500 / 1500	DIFF / MD	Dean Sandy (7168603261)
938	Karnath Party Ride (New)	Sun, Sep 29	10:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	38 / 31 / 24	700 / 400 / 300	EZ	NEEDS LEADER. VOLUNTEER HERE.

Weekday Ride Schedule

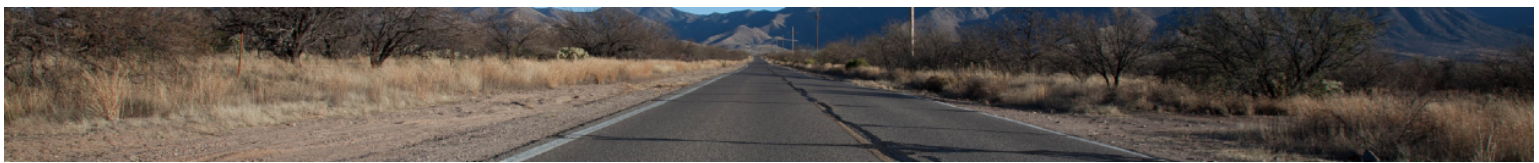
2019 season	NORTH		SOUTH					
	AM	PM	AM	PM			START	
Monday	x				<i>Cammarano</i>	<i>Kathy</i>	Wendleville Fire Hall	kathy.cammarano@gmail.com
Monday		x			Ribis	Rebecca	Thompson Rd Clarence	rebeccachristene@hotmail.com
Monday				x	Sawyer	Jim	Hamlin Pk, East Aurora	sawyjt@gmail.com
Tuesday	x				<i>King Spohn</i>	<i>John Ron</i>	Ellicott Isl Ck Pk - moving to West Canal Pendleton	JEKing169a@aol.com rspoh@rocketmail.com
Tuesday		x			Karnath	Jim	West Canal Pendleton	jimkarnath@yahoo.com
Tuesday				x	Luly	Matt	Hamburg, lot off Long Ave	mlpublic42@gmail.com
Wednesday			x		Marcheson	Fred	Orchard Park behind police station	baguba3@gmail.com
Wednesday		x			Walker	Peg	St Mary's Swormville	pegwlkr@verizon.net
Wednesday				x	Soltiz	Frank	Chestnut Ridge Pk	fsoltiz@aol.com
Thursday	x				<i>Rossi</i>	<i>Paul</i>	Como Park Lancaster	prossi7763@aol.com
Thursday		x			Alongi Deckert	Karen Jason	Buffalo Niagara Heritage Museum	kalongi1@verizon.net jdeckert@gmail.com
Thursday				x	<i>Adolf</i>	<i>Jennifer</i>	St John's Lancaster	jadolf223@gmail.com
Friday	x				Rimlinger	Jack	Thompson Rd church Clarence	jackrim49er@gmail.com
Friday				x	Danaher	Pat & Lori	Elma Meadows Pk	ldanaher@verizon.net
Saturday	x				Chase	Brad	Richmond Lot UB	btchase@buffalo.edu
Sunday	x				Currie	Ian	Hatch Buffalo Waterfront	ian63@roadrunner.com
Shaded cells show shared ride leader responsibility								
Italicized names are NEW this season								

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, & Oct.; 9:00 AM in June, July, Aug. & Sept.

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



Members,

This year I had the pleasure of acting as captain for team Niagara Frontier Bicycle Club for the Ride for Roswell. My team members included: Michelle Ambor-Hutz, Rick Hanes, John Krzyzanowski, John Swaine, Nancy Krzyzanowski, Ronald Spohn, John Kozinski, Robert Hutz, John Burnham, Michael Viggato, Brenda Fischer, Steve Pusatier, Darrell Skelton and Paul Rossi.

Michele Ambor-Hutz was the team's top fundraiser, raising \$2,931, with Rick Hanes a close second, raising \$2,763. In total, the team raised \$15,431.00, with eight members raising over \$1,000 and earning a place in the Extra Mile Club.

I am proud to report that our team has also been recognized as one of the top 100 teams: Out of 705 teams, we placed 59th overall!! Thank you to everyone who joined the team and helped us earn this recognition!

Several other NFBC members participated in the Ride on other teams, and the NFBC presence was definitely noticed! Personally, I wore my NFBC 50th jersey and had several people approach me about joining the Club. Along the way, we had some non-NFBC members join our pace line and complement how well they enjoyed riding with us.

Special shout out to John King: Although he was a member of Team Austin, John rode with his NFBC family and led us for the entire ride. And, during the second half of the ride, our single pace line turned into a double pace line with Brenda taking the lead!

Mark your calendars for Saturday, June 27, 2020 for the 25th Ride for Roswell. I hope that you will plan to join our team next year!

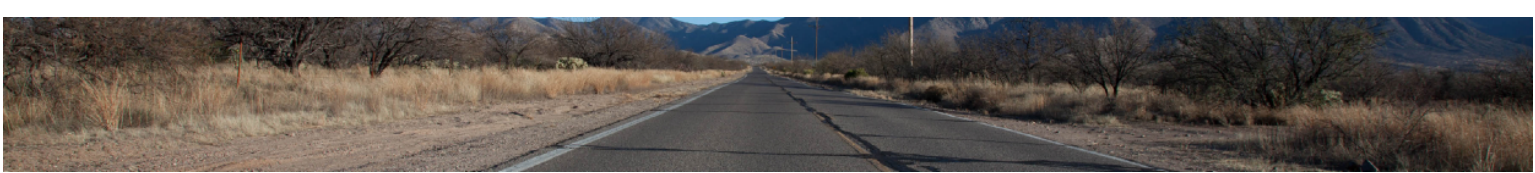
Jen Adolf

KAZOO PARTY RIDE Labor Day, Monday, Sept. 2nd **New Start Point**



The Kazoo Ride is a fun ride with easy to moderate terrain. It starts at the Wendt Beach Parking Area, (behind the soccer fields) 7676 Lake Shore Rd., Derby NY 14047 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, turn left on Old Lake Shore Rd., turn Right on Sturgeon Point Rd. and turn left on Rt 5. 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. Joan will pick up dishes at the ride start.



NFBC Officers

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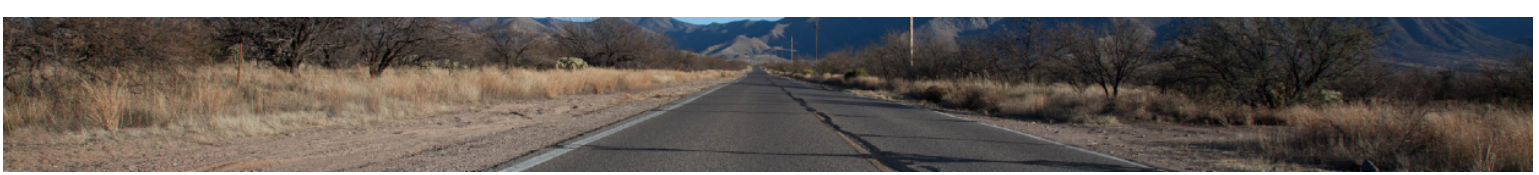
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NFBC Newsletter Deadline

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

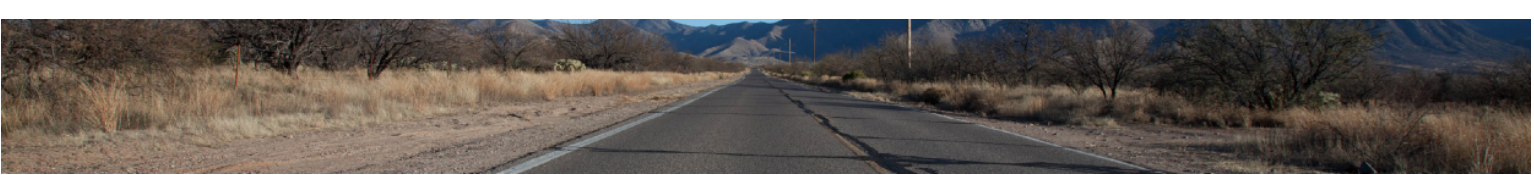
On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com, 688-8904) or Brenda Fischer, Club President. NFBC cares about its people!

Welcome New Members

Mark Cammarata, Maria Cudeck, Joanne Noack, Laura Noack, Michelle Noack, Marly Noack, Peter Barone, Jack Semler, Amy Preston, Steve Lakomy, Greg Sipes, Courtney Sipes, David Veneski, Carrie Ann Kowalski, Cory Mosgeller, Padma Kasthurirangan, Kenneth Pease, Meridith Sheline, Andrew Moritz, Allan Hohl, Robert Lucas, Linda Wickes.

Banquet News!

The 50th Anniversary Banquet will be held Friday, November 22, 2019 at Shea's Seneca, 2178 Seneca St. Buffalo, NY 14210.



Support Your Local Bike Shop



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Tom Lonzi
Owner

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Henrietta: 100 Jay Scotti Blvd.
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Phone: 585-424-2777
Fax: 585-424-7482

Club Trip 2019 Ashtabula

Thank you, Dennis, for putting together a really fun trip into the heart of Ashtabula covered bridge and quilt barn country. Despite the warm weather and a bit of wind, we had four fabulous days of riding with only one rain out! Hotel accommodations in the Austinburg Sleep Inn were very comfortable. And, with bacon, sausage, eggs, and juice — along with various and sundry other morsels and libations — we were off to a great start every morning. And a special thanks to Jan, Liz and Eva and all the others who provided a delightful Sunday picnic after a little early morning exercise. The cue sheets were absolutely spot-on when it came to mileage and turns. No dusty road errors on this trip. Everyone I spoke with thought this was a terrific way to spend five fabulous days in July...and I agree!

Bradley A. Russell



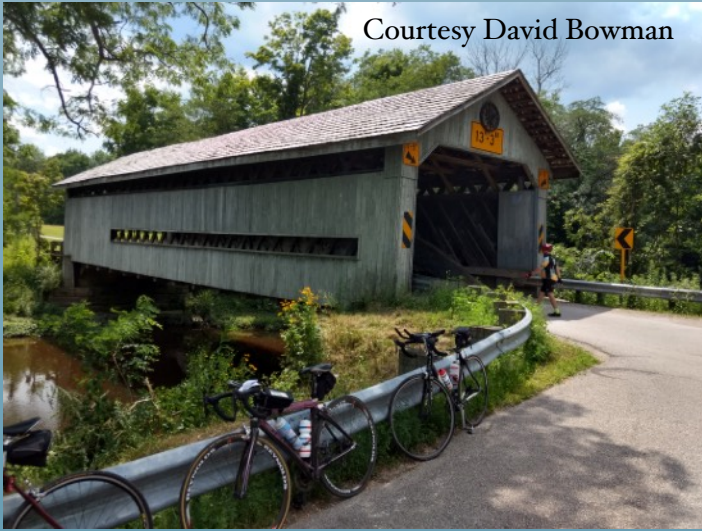
Courtesy Brad Russell



Courtesy Brad Russell

www.nfbc.com





Courtesy David Bowman

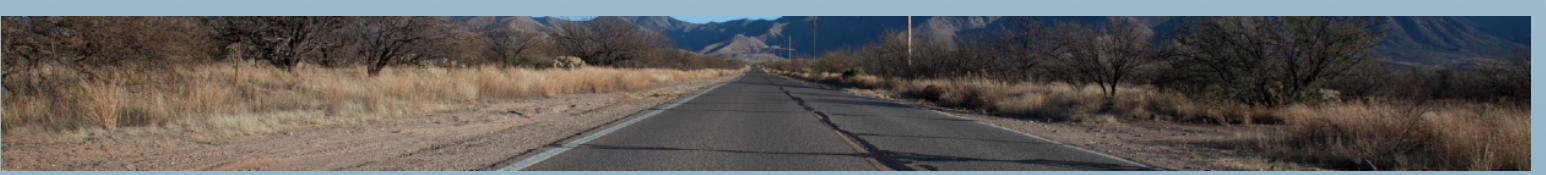


Courtesy David Bowman



Courtesy Brad Russell





Linc & Millie Club Trip Highlights

Lots of excellent planning and organization went into this trip. The rides were great: pretty countryside, awesome covered bridges, easy-to-follow cue sheets. The picnic was super: pretty site looking over lake, good food, great camaraderie. Final dinner was fine: after some difficulties in finding a venue to hold all of us, the organizers came up with an excellent spot with very good food. Personal highlights: Millie and I found some good places to eat on our own for lunches. We discovered Lucky Louies Beer & Wieners just off Rte. 90 south of Erie on the way down and back. We had a nice lunch at a cute little diner in Jefferson, the county seat of Ashtabula County. We had another nice lunch at Mary's Kitchen in Geneva-on-the-Lake, a fresh perch sandwich, the best fish sandwich I have had in my life.

