



SP^{WHEEL}OKESMAN

Niagara Frontier Bicycle Club, Inc.

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APRIL 2006

Weekday Rides to begin

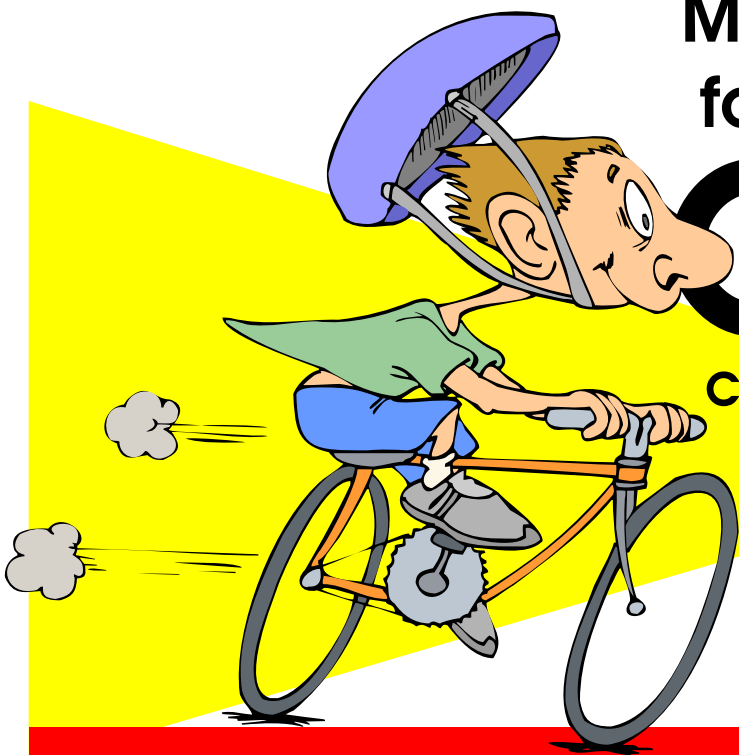
April 10

SEE PAGE 3 FOR DETAILS

More Volunteers Needed for September 10, 2006

CanAm

C E N T U R Y



Starting in the downtown Buffalo area, this ride will roll across the Peace Bridge, up the Niagara Parkway in Canada to the Falls, and back through the US. This ride will showcase the best we have to offer in the Niagara Frontier.

See page 5 for details and contacts. Thank you Mary Alice and Joe Tocke for your dedication to this event.

Many Volunteers Needed!



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Niagara Frontier Bicycle Club, Inc.

Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
04/01 Sat	11:00	165	34	NA	Easy	Millgrove Meander III -Williamsville East H.S. on Paradise, 1/2 mile North of Klein Rd.	Tom Williams
04/02 Sun	11:00	98	30	NA	Easy	Wide Waters Marina -Williamsville N. H.S. (Hopkins & Dodge)	Jim Karnath (699-2968)
04/02 Sun	11:00	342	31/21	2000/1000	Dif-Mod	Butterwood Bakery Ride (& Eats) -Chestnut Ridge Park Casino, Orchard Park	Gordon Dietrick (835-6409)
04/08 Sat	11:00	251	36	NA	Easy	Lancaster to Akron Falls -Lancaster HS, Center @ Pleasantview Rd	Tom Barone (626-4076)
04/09 Sun	11:00	102	25	375	Easy	East Canal/Bear Ridge -Botanical Gardens on Sweeney St, just North of Robinson Rd., North Tonawanda, NY.	Jean Frederick (692-3611)
04/09 Sun	11:00	86	44	2850	XD	Ski Country - Sprague Brooke Park Parking Lot, Foote Rd. (L off Rt. 240, Glenwood, NY)	Bob Riehle (652-1715)
04/15 Sat	11:00	327	44/36	NA/NA	Easy	Swamp Thing Returns -Village Green (Russell Park) in Akron (Main St & Church)	Jim Vozga (741-9440)
04/15 Sat	11:00	222	42/35	1210/NA	MD/Mod	Ebenezer Scootch -West Seneca Town Hall, Union & Main Sts. West Seneca	Bruce Jansen (677-4725)
04/16 Sun	11:00	160	40	NA	Easy	Royalton Center-Amherst Museum , Tonawanda Creek S & New Rd	Jim Bejarino (835-8916)
04/16 Sun	11:00	260	48/36	1900/NA	MD-Mod	Bloody Run -Elma Meadows, Girdle & Rice Rd, Elma	Don Stefanski (652-4796)
04/22 Sat	10:00	273	29/23	NA/NA	Mod/Easy	Trash & Treasure Ride -Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park, NY	Pat Danaher (838-0280)
04/23 Sun	10:00	169	35/29	NA/NA	Mod	Elma - Marilla II -Lancaster Opera House, side parking lot on Clark St off Central Ave near Broadway, Lancaster	Matt Luly (648-8988)
04/29 Sat	10:00	40	35	NA	Easy	Lockport-Middleport -Municipal Building across Friendly's, downtown Lockport	B. Dexheimer (585-343-5172)
04/29 Sat	10:00	338	31	2000	Diff	Hunter's Creek -Town Park in Wales Center on SR 20A (3.3 mi. east of the 400).	Pat Danaher (838-0280)
04/30 Sun	10:00	322	39/34	NA/NA	Easy	The Green Mile -Pendleton Center Town Hall, Campbell Blvd (Rt 270). Park by green water tower.	Ray Thomas (625-6820)
04/30 Sun	10:00	254	49/37	3200/NA	XD-MD	Loose Goose -Parking Lot @ Ronni's Pizzeria on Rt. 16, Holland, NY (0.1 miles before Holland Glenwood Road)	Halli Lavner (655-0881)

April 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Millgrove Meander III
2 Wide Waters Marina Butterwood Bakery	3	4	5	6	7	8 Lancaster to Akron Falls
9 East Canal/ Bear Ridge Ski Country	10	11	12	13	14	15 Swamp Thing Ebenezer Scootch
Easter 16 Royalton Ctr- Amh. Museum Bloody Run	17	18	19	20	21	22 Trash & Treasure
23 Elma - Marilla II	24	25	26	27	28	29 Lockport- Middleport Hunter's Creek
30	The Green Mile Loose Goose					



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DAILY RIDE SCHEDULE

Mon	AM	New Start -Wendell Firehall on south side of Tonawanda Creek Rd & Campbell Blvd, Pendelton	Brad Chase (632-5636)
Mon	PM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Rebecca Ribis (837-0089)
Mon	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer (884-3057)
Tue	PM	St. Mary's Church at Transit and Stahley Roads, Clarence	Dennis Powell (691-6233)
Tue	PM	Municipal parking lot off Long Ave (entrance is opposite #48 Long Ave) near the fire hall and water tower, Hamburg	Matt Luly (648-8988)
Wed	AM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne (997-9324)
Wed	PM	West Canal Marina on Tonawanda Creek Rd. at Townline	John Herman (675-1944)
Wed	PM	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Sheila Buonerba (662-2762)
Thu	AM	First parking lot inside Como Park at Como Park Blvd. entrance coming from Transit Rd, Lancaster	Dave Klock (681-5345)
Thu	PM	Lancaster High School on Pleasant View & Forton Rds, Lancaster	Ed Peters (685-1965)
Fri	AM	Community of Christ Church, 5030 Thompson Rd., Clarence (Between Sheridan and Greiner)	Brad Chase (632-5636)
Fri	PM	Kaegebin Elementary School, Love Rd at Beaver Island Parkway, Grand Island. (Go over South Grand Island Bridge, take Beaver Island exit. First light left onto Love Rd)	Adrienne McDonough (773-2009)
Fri	PM	Elma Meadows Park, Elma	Brenda Fischer (683-3961)
Sat	AM	Richmond Parking Lot off Frontier Rd, UB Amherst Campus	Bob Mahaney (873-2814)
Sun	AM	Waterfront Village in front of "The Hatch", Buffalo	Ian Currie (837-8051)

START TIMES:

MORNING RIDES:

10:00 AM: APRIL, MAY, SEPTEMBER & OCTOBER

9:00 AM; JUNE, JULY & AUGUST

EVENING RIDES:

6:00 PM
APRIL & SEPTEMBER

6:30 PM
MAY thru AUGUST

WEEKEND BREAKFAST RIDES:

SATURDAY

9:00 AM APRIL, MAY
SEPTEMBER & OCTOBER

8:00 AM JUNE, JULY
& AUGUST

SUNDAY

9:00 AM
ALL SEASON



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Niagara Frontier Bicycle Club, Inc.

Board of Directors

President

Lincoln Blaisdell (759.6215)
4715 Ransom Road
Clarence, NY 14031
Linc43@adelphia.net

April Dunlap (662.5888)
29 Braunview Way
Orchard Park, NY 14127
dcs723@aol.com

Vice-President

Matthew Luly (648.8988)
5423 Bridlewood Lane
Hamburg, NY 14075
nfbcbvp@gmail.com

Richard Lepie (741.2762)
9325 Hunting Valley Rd., N.
Clarence, NY 14031

richard_suntreader@hotmail.com

Secretary

Tris Puleo (649.3427)
5125 Newton Road
Orchard Park, NY 14127
trisop@yahoo.com

William McLaughlin (632.8410)
4705 Helenwood Dr.
Williamsville, NY 14221
Billjmc@aol.com

Mary Alice Tocke (941.5591)
8053 Back Creek Rd.
Hamburg, NY 14075
jtocke@aol.com

Treasurer

Diane Gaczewski (675.1834)
77 Westview Drive
West Seneca, NY 14224
dgaczewski@moog.com

Membership

Roy R. Tocha (627.7946)
(716-574-6007)
11 Eaglecrest Drive
Hamburg, NY 14075-1807
RRTOCHA@yahoo.com

Thomas Barone (626.4076)
1260 N. Forest, Rd
#1 Elliott House
Williamsville, NY 14221
thmbarone@msn.com

Editor

Robert Mahaney
103 Wilbury Palce
Buffalo, NY 14216
rjmtax@aol.com

Roy's Membership

Update

There are 278 (335 last year at this time) members in the club. There are 30 (18 last year) new members. There are a total of 211 households, 49 families and 162 singles. Last year we ended up with about 375 households and 500 members.

Forty-one households have elected to only get an electronic .PDF Spokesman instead of one mailed to them. There were two check boxes (to receive or decline the .PDF file) on the application I received from you. If you would like to change your mind either way about receiving a mailed Spokesman, email me. Seventy-two households checked neither of the boxes. They will be receiving a Spokesman in the mail. I will email everyone the link to download the Spokesman.

Also, map packets are available, but it is not necessary to purchase one to ride with the club, maps are handed out at each ride.

Welcome new members; Christa Maier, Craig Maefs, Daniel Morris, Daniel Sharpe, Dennis L. Horrigan, Eric Hill, Geoff Gunner, Geoffrey Hill, Jennifer, Jessica & Jill Bejarano, David Herman, Kim Lewis Schepart, Marie Chiavetta, Marilyn Chory, Merl Rabb, Rev. James & Kathleen Massie, Richard Milazzo, Roger A. Voss, Sean McGovern, Sharon Kostek, Susan Jarvis, Thomas & Judy Will, Thomas Tobias, Tony Marinaccio

If you did not check the email box on the membership form I will be emailing you an email address list next month.

When you renew, please remember to sign the Release on the Application.

If you have something of interest to our members, email your information to RRTOCHA@YAHOO.COM. I will get it out to the members on the Web, upon Board approval.

Roy

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 fund for the "kitty" to offset the expenses not included with their dues.

SPOKESMAN DEADLINE

The deadline for submission of articles to the Spokesman is the fifteenth (15th) of the month preceding the month in which the information is to appear.

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. Simply notify Doreen Lynd (662.8264). NFBC cares about its people.



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Niagara Frontier Bicycle Club, Inc.

NFBC Sponsored Rides

NFBC To Sponsor

CanAm

C E N T U R Y



Update from Mary Alice

Many NFBC members have participated in out of state rides sponsored by other organizations. The Can-Am Century Ride will be our opportunity to showcase the Niagara Frontier and have fun working together & meeting cyclists from distant places.

Plans are moving along well. Several members have offered good ideas. Others have volunteered to help. There will be a meeting of the Can-Am Century committee Monday, April 3 at 7 p.m. All NFBC members are welcome & encouraged to participate. Contact Joe & Mary Alice at 941-5591 or jtocke@acninc.net for directions

Special need right now:

- Members to represent NFBC at WNYMBA Bicycle Swap & Flea Market Sunday, April 9. Promote NFBC & the Can-Am Century.
- Artists to design information fliers, etc
- Publicists to reach non-club cyclists, Canadian & American cycling publications, bicycle shops, clubs & other organizations

Thank you.

2006 Monthly Weekend Ride Coordinators

Listed below are the people responsible for enlisting ride leaders. Please help them by volunteering when they contact you. In fact, make their life easier and give them a call! Without volunteer ride leaders, the club does not function.

	North	South
March	Matt Luly	Matt Luly
April	Matt Luly	Matt Luly
May	Bill McLaughlin	Pat Danaher
June	Linc Blaisdell	Brenda Fischer
July	Rebecca Ribis	Tim Leach
August	Jean Fredericks	Cindy Stachowski
September	Raymond Thomas	Pat Danaher
October	Tom Barone	Ron Wakefield

Calling All Used Bikes

Do you have a bike that is collecting dust in your garage, that hasn't seen the road in years? If yes, consider putting it to good use! The Buffalo Psychiatric Center is holding a used recreation equipment auction to raise money for the Recreation Therapy department. The R.T. department provides valuable leisure education, leisure skill development and special events for mental health recipients. So why not give your old bike a second chance at life, and receive a tax deductible receipt for your donation. If interested, please call Cindy Adams at 816-2902 or e-mail at Cynthia12@adephia.net.



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

HEALTH AND SAFETY TIPS

Bone Health

Reprinted, with permission, from the RBR newsletter

Cycling is a great way to get fit and stay healthy, but it isn't perfect. We were reminded of this by an e-mail we received last Saturday from a Northern California roadie:

"Two male members (in their late 60s) of my bike club here in Sacramento experienced broken hips and femurs in low-speed falls. Both are lifetime high-mileage bicyclists. Tests revealed that they had lost bone density, and this condition was blamed on relying solely on cycling for exercise. They were advised to take up walking, hiking and other weight-bearing activities to help prevent further advancement of osteoporosis. Have you heard of this problem?"

Yes, and here is some information about it from RBR's Fred Matheny:

There is indeed an apparent link between long-term cycling and osteoporosis. The cause seems to be that cycling isn't a weight-bearing activity so doesn't stimulate bone retention.

This first came to my attention in the mid 1990s when, as Fitness/Training editor for Bicycling magazine, I saw a study in which six pro road racers showed an alarming loss (as much as 17%) of bone density during the three-week Tour de France.

A more recent study at San Diego State University

demonstrated that two-thirds of the masters bike racers tested had, on average, 10% more bone-density loss when compared with the control group. In this study the marker seemed to be low testosterone levels, which correlate with low levels of bone density.

So for cyclists, the advice is to crosstrain with weight-bearing activities like running, hiking and weight lifting.

Get plenty of calcium and vitamin D. The National Osteoporosis Foundation recommends 1,000-1,300 milligrams of calcium per day for men, the amount found in about three glasses of calcium-fortified milk. Women will do well to get a similar amount.

Avoid soda because carbonated drinks, especially colas, are high in phosphorous, which blocks calcium absorption. Use alcohol in moderation and, of course, don't smoke.

Bone density can be measured with a quick, painless test. Ask your physician about it, particularly if you're 40 or older and been cycling at the exclusion of weight-bearing activities. The debilitating effects of osteoporosis can be arrested with medications as well as improvements in diet, lifestyle and types of exercise.

Ride Leaders

Linc would like the weekend sign-in sheets mailed to him within a week of the ride. Please use the SASE to send the sheet back even if the ride is cancelled (it helps with the accounting). During the first week of each month, weekday ride leaders should send the sign-in sheets for the previous month to Linc. Same rule about cancelled rides: send in the blank sheet and write cancelled on it.

FOR SALE

For sale: 1993 Santana Visa, the size is listed as medium, the captain is 5', 9" and the stoker is 5', 5". It has 21 gears, 25" inches to 112 or 2.05 m to 9.13m, rear drum brake, bar end shifters. There are 2 rear, stems, one extendable, and one of fixed length, 5" or 13cm. Both wheels are quick-release. Cranks: Captain 175mm and Stoker 170mm. Extras: travel case, used on trip to England and a car rooftop carrier. \$500.00; For more details email rptolley@bluemmon.net

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 ▶				
Mailing Address ▶				
City, State, Zip ▶				
Phone Number ▶		Email ▶		
We will distribute a list of our members' e-mail addresses, home addresses and phone numbers to NFBC club members and to local bike shops unless you check the following spaces: NFBC <input type="checkbox"/> NO LOCAL BIKE SHOPS <input type="checkbox"/> NO				
I do <input type="checkbox"/> do not <input type="checkbox"/> need to receive a printed copy of the newsletter via US Mail				
Primary Member/Guardian ▼	Signature ▼	Date ▼	Birthdate (If under 18) ▼	Member No. ▼
Additional Members ▼ (More may be added at bottom of next page.)				
Comments (ride length preference, interested in leading ride, volunteering, etc.)				

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

Membership		Status
• Individual	\$20.00	• New Member
• Family	\$30.00	• Renewing
• Map Packet (extra)	\$12.00	• Address Change

**Send check (payable to NFBC) and signed application to NFBC, Inc.,
c/o Roy R. Tocha, 11 Eaglecrest Dr.,
Hamburg, NY 14075-1807**

Niagara Frontier Bicycle Club, Inc.


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 ANSA 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.



Campus WheelWorks

744 Elmwood Ave.
Buffalo, NY 14222
716.881.3613

www.campuswheelworks.com
campuswheelworks@mybizz.net

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Buffalo, NY 14203
852-6838

100th Anniversary