



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 3

APRIL 2007

**Weekday Rides**  
to begin

**April 16**

SEE PAGE 3 FOR DETAILS

**Club Trips**

**Gettysburg/Lancaster & Portugal**

SEE INSIDE FOR DETAILS

**Can Am Update**

**MAY 5th**

For details contact  
Mary Alice Tock  
[jtocke@aol.com](mailto:jtocke@aol.com)

Get involved. There are large and small jobs.  
Your ideas & opinions are valued. Come to  
the May meeting to see what it is all about.  
Meet other cyclists. Make new friends.



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
04-01-07	Sun 10:00	709	28	960	mod	<b>Toy Town Tour</b> -Vidler's Parking Lot Main Street East Aurora	Dennis Powell 691-6233
04-07-07	Sat 10:00	342	31/21	2000/1000	diff/mod	<b>Butterwood Bakery Ride</b> Chestnut Ridge Casino lot Rt 277 O P N Y	Bob Mahaney 873-2814
04-07-07	Sat 10:00	322	39/34	na	Easy	<b>The Green Mile</b> - Town Hall by Green water tank Campbell Blvd Pendleton	Mo Balling 694-5079
04-08-07	Sun 10:00	747	39/30	2000/1300	md/mod	<b>Williston Rd</b> - Como Park 1st lot Como Park Blvd entrance	Linc Blaisdell 479-9431
04-14-07	Sat 10:00	738	32	na	Easy	<b>Lockport-Rapids</b> * Amherst Museum Ton Crk S & New Road, E Amherst	Bob Alessi 694-0853
04-14-07	Sat 10:00	338	31/23	na	mod/m-d	<b>Hunter's Creek</b> Wales Town park Rte 20A	Hallie Lavner 725-5647
04-15-07	Sun 10:00	750	32	na	md	<b>Elma-Aurora</b> Elma Meadows Girdle & Rice Road Elma	Brenda Fischer 683-3961
04-21-07	Sat 10:00	341	41/21	1800/750	mod	<b>Hamburg to Collins</b> Pkg lot off Long Ave Behind Fire Hall( tues night south, ride start)	Linc Blaisdell 479-9431
04-21-07	Sat 10:00	707	41	na	Easy	<b>Ransomville Ramble</b> - Pendleton Ctr - Town Hall, Campbell Blvd	Mo Balling 694-5079
04-22-07	Sun 10:00	273	33/23	na	mod/easy	<b>Trash &amp; Treasure Ride</b> - Chestnut Ridge Casino Lot Rte 277 Orchard Park	John Herman 675-1944
04-28-07	Sat 10:00	293	33	na	diff	<b>Memorial Boston Hotel Ride-</b> Boston Hotel SR 391 @ Back Creek Rd	Jody Snyder 662-2356
04-28-07	Sat 10:00	743	34	2500	easy	<b>Clarence-Newstead-</b> Elementary School Clarnnce Ctr Rd 1/2 mile East of Goodrich	John Herman 675-1944
04-29-07	Sun 10:00	169	35/29	na	mod	<b>Elma-Marilla II-</b> Opera House, side lot on Clark St off Central Av near Brdwy,Lancanster	Lori Harf 681-3719

APR 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Toy Town Tour	2	3	4	5	6	7 Butterwood Bakery Green Mile
8 Williston Ride	9	10	11	12	13	14 Lockport Rapids Hunter's Creek
15 Elma/Aurora	16	17	18	19	20	21 Hamburg to Collins Ransomville Ramble
22 Trash & Treasure	23	24	25	26	27	28 Memorial Boston Hotel Clarence Newstead
29 Elma/Marilla II	30					

## Letter from the Editor

## The Ride

The ride for missing children will take place on May 11th 2007 in Buffalo. There currently are rides in Albany, Utica, Auburn, (finger lakes) and Rochester. I have done the Utica Ride two of the last three years and it is an amazing event! The Ride is a police escorted start to finish, team pace ride. You ride two abreast, no gaps, and no stopping other than the scheduled stops. Rest stops are

arranged at schools along the route and riders participate in education programs at each school. Funds raised support the National Center For Missing & Exploited Children's New York Branch (NCMEC/NY), prevention education and NY Branch Mission. Email me rmahaney@austinair.com for more information or visit the web site [www.rideformissingchildren.org](http://www.rideformissingchildren.org)



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## DAILY RIDE SCHEDULE

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

### 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

## Hurry! A limited number of NFBC Cycling jerseys available now:

Mens Pro Fit Sizes M, L, XL  
Mens Loose Fit Sizes L, XL and XXL  
Women's Sizes M, XL, XXL

Last Year's Jersey also available (colors reversed):

Mens Long Sleeve Pro Fit XXXL (=XL) **\$67.00** Womens Size XL **\$52.00**

# \$57.00

Contact Marty Payne at [mpayne2@adelphia.net](mailto:mpayne2@adelphia.net) or 997-9324.



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

## Board of Directors

### President

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Linc43@adelphia.net

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Hamburg, NY 14075  
RRTocha@yahoo.com

### Editor

Bob Mahaney 873-2814  
103 Wilbury Place  
Buffalo, NY 14216  
rjmtax@aol.com

## Roy's Update Membership

There are 287 members  
in the club so far.

*(278 last year at this time)*

Welcome new members; Colin E. Fritz, Brenda Lane, Lynne & Vincent Ferraro, Gerry Novak, Michael Dollard, James Eagan, Gail Thomsen, Kevin & Susan Preston, Kevin & Susan Preston, Kathleen Contrino, James W. Quinn, Ron Winkelman, Brian Foley, Suzanne Tomkins, Matt Kandefer, Mary Pichette

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.



**SPOKESMAN**  
Niagara Frontier Bicycle Club, Inc.

# Club Trip

# History Re-enactment *by Bike*

Peaceful Amish pastures, cannons rumbling, guns-a-flashing: see it, hear it, bike it. Be there: Lancaster, PA, July 4th to 8th with a prescript on the fields of Gettysburg, July 2nd to 4th.

Price per person for four-night Amish pleasure is \$270 if you share, \$485 if you are going solo.

If six nights are your pleasure, then \$395 is the fee for each when two are together. If you cannot agree to be with another, then you pay the price of \$720.

Your fees include rooms, maps, food and drink, parties and more parties, and things very special.

After May 15th, the minimum cancellation fee is \$75 for the four-day trip and \$100 for the six-day trip (double it if you are solo). After June 15th, the minimum cancellation fee is \$225 for four days and \$250 for six days (double it if you are solo). Questions: call Richard at **741-2762**.

To reserve your place, please send full payment and application form to:  
Richard Lepie, 9325 Hunting Valley Road N., Clarence, NY 14031

## Application Form

Name: \_\_\_\_\_

Room Mate: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

NFBC No. \_\_\_\_\_

**4 Day Amish Pleasures:** \$270 per person double (**\$540** for two); **\$485** single

**6 Day Pleasures and Battles:** \$395 per person double (**\$790** for two); **\$720** single

Make checks payable to Richard Lepie



**SPOKESMAN**  
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# Club Trip

## *Sun Drenched*

# Portugal

Isolated beaches tucked between towering cliffs, long stretches of white sand, villages from the days before, this is the Algarve, where the Mediterranean meets the Atlantic. First stop is the home of the Fandango. We spend two nights in Lisboa, then on to Faro where we begin our seven-night bike tour. At the end we spend an extra night of fun, sun and relaxation in Faro.

Departure from the Americas is the 26th of September and the return in on the 7th of October.

For \$2750.00 per person double, you get a ride on several jet planes, some buses and trains, a bed for your head, morning meals, many midday gastronomies, numerous local dishes at evening break, a saddle over two wheels, and the unusual and unusual surprises. (Bring your own mate. We do not arrange your date. We might pair, but only in despair. Single quotes, if you must be solo.)

Space will go fast. Do not let this pass. Send your deposit of \$1000.00 per person to:  
Richard Lepie, 9325 Hunting Valley Road North, Clarence NY 14031

Final payment is due at the Hunting Valley Estate by 15 June.

The money you pay will be sent away, so retrieval is nil. Insurance is recommended.

Questions: call Richard at 741-2762 or e-mail [Richard\\_Suntreader@hotmail.com](mailto:Richard_Suntreader@hotmail.com)

## Application Form

Name: \_\_\_\_\_

Room Mate: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

NFBC No. \_\_\_\_\_

**Cost: \$2750.00** per person double  
Make checks payable to Richard Lepie

# 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:

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 ANSA 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.



**Campus WheelWorks**

744 Elmwood Ave.  
Buffalo, NY 14222  
716.881.3613

[www.campuswheelworks.com](http://www.campuswheelworks.com)  
[campuswheelworks@mybizz.net](mailto:campuswheelworks@mybizz.net)

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