



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVIII

NUMBER 3

APRIL 2008

## Weekday Rides to begin **April 14th**

SEE PAGE 3 FOR DETAILS

## Club **Trips**

Information Inside:

From Rhode Island  
to Bulgaria - the  
choice is yours.

### Reminder:

All Memberships expired on February 28th. If you haven't already done so, use the application inside to renew yours today.

## Calling **All** Riders

We are always looking for interesting stories and articles to share in the Spokesman  
Feel free to email your submissions to the editor.

Please contact  
Bob Mahaney  
[rjmtax@aol.com](mailto:rjmtax@aol.com)



# NIAGARA FRONTIER BICYCLE CLUB, INC.

— We Ride Every Day —

# APRIL 2008 RIDE SCHEDULE

Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Apr-5	10:00 AM	305	Maple Country Ride	35/23	MD/Mod	3100	Arcade	Church St parking lot, North of Rt 39, village of Arcade	Ron Wakefield 877-2140
Sat, Apr-5	10:00 AM	743	Clarence - Newstead	34	Easy	NA	Clarence Center	Elementary School on Clarence Ctr Rd, 1/2 mile East of Goodrich, Clarence Center	Liz Williams 759-8353
Sun, Apr-6	10:00 AM	357	Lancaster on the Weekend	38/26	Mod/Easy	NA	Lancaster	Lancaster HS, Center @ Pleasantview Rd, Lancaster	Marty Payne 997-9324
Sat, Apr-12	10:00 AM	362	Clarence to Alden	43/25	Easy/Easy	600	Clarence	Clarence HS Main & Gunville, Clarence	Lori Harf 681-3719
Sun, Apr-13	10:00 AM	709	Toy Town Tour	35/28	Mod	960	East Aurora	Vidler's parking lot N of Main St. E. Aurora	Jim Karnath 688-2968
Sun, Apr-13	10:00 AM	742	Lockport-Pendleton	38/32	Mod/Easy	1000	Amherst	Amherst Museum at New & Tonawanda Creek S., Amherst	Tom Barone 626-4076
Sat, Apr-19	10:00 AM	130	West Falls-Backcreek	37/33	MD	1800	Orchard Park	Lot behind Municipal Bldg, Rts 277 & 20A, Orchard Park	John Clauss 896-5650
Sat, Apr-19	10:00 AM	739	Millgrove Meander IV	34/25	Easy/Easy	NA	East Amherst	Clarence Center East HS, Clarence Center Rd., East Amherst	Marty Payne 997-9324
Sun, Apr-20	3:00 PM	746	Ebenezer Scootch	44/33	MD/Mod	1210	West Seneca	West Seneca Town Hall, Union & Main Sts. West Seneca	John Clauss 896-5650
Sat, Apr-26	8:00 AM	205C	Multiple Choice-C	100	XD	1700	Amherst	Richmond Lot Ellicott Complex, SUNY at Buffalo, Amherst	Kathy Karnath 688-2968
Sat, Apr-26	10:00 AM	205B	Multiple Choice-B	54	MD	NA	Amherst	Richmond Lot Ellicott Complex, SUNY at Buffalo, Amherst	Gail Thomson - 695-9937
Sat, Apr-26	10:00 AM	205A	Multiple Choice -A	31	Easy	NA	Amherst	Richmond Lot Ellicott Complex, SUNY at Buffalo, Amherst	Gail Thomson 695-9937
Sun, Apr-27	10:00 AM	273	Trash & Treasure Ride	30/23	Mod	NA	Orchard Park	Chestnut Ridge Park Casino Lot, Rt. 277, Orchard Park	John Herman 675-1944

**Difficulty Key: Easy.....Mod = Moderate.....MD = Moderately Difficult.....Diff = Difficult.....XD = Extra Difficult**

# DAILY RIDE SCHEDULE

Monday AM:	North Amherst Fire Co. south side Tonawanda & Campbell Blvd, Pendelton	<u>Bob Alessi 694-0853</u>
Monday PM:	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca 837-0089
Monday 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, Creekside Rd. at Niagara Falls Blvd.	Alex Setlik 692-7045
Tuesday PM:	West Canal Marina on Tonawanda Creek Rd at Townline	John Herman 675-1944**
Tuesday PM:	Municipal parking lot off Long Ave. Near the fire hall and water tower, Hamburg	Matt Luly 648-8988
Wednesday AM:	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne 997-9324
Wednesday PM:	St. Mary's Church at Transit & Stahley Roads, Clarence	Dennis Powell 691-6233**
Wednesday PM:	Rear public lot, S. Buffalo & E. Quaker Rds, Orchard Park	Shelia Buonerba 662-2762
Thursday AM:	First parking lot inside Como Park at Como Park Blvd entrance Transit Rd, Lancaster	Dave Klock 681-5345
Thursday PM:	Pendleton Town Hall, Campbell Blvd, between Bear Ridge & Beach Ridge Rds Parking lot entrance	Jim Mathews 433-5345
Thursday PM:	Lancaster High School, Pleasant View & Forton Rds, Lancaster	Ed Peters 685-1965
Friday AM:	Community of Christ Church, 5030 Thompson Rd, Clarence	Lori Harf 681-3719**
Friday PM:	Kaegebin Elementary School, Love Rd at Beaver Island Parkwa	Adrienne McDonough 773-2009
Friday PM:	Elma Meadows Park, Elma	Brenda Fischer 683-3961
Saturday AM:	Richmond Parking Lot off Frontier Rd, UB Amherst	Marion Reslow 833-3615**
Sunday AM:	Waterfront Village in front of the Hatch, Buffalo	Ian Currie 601-7390 **

## *RIDE START TIMES*

Morning rides:	April, May, September & October	10:00 AM
	June, July & August	9:00 AM
Evening Rides	April & September	6:00 PM
	May thru August	6:30 PM
Weekend Breakfast Rides	All Season	9:00 AM

# Club Trips

## Water Here – Water There – Sail & Bike Fireworks – mansions – yachts – beaches

Begin either the 20th or 21st of June in Providence Rhode Island and finish in New Bedford, Massachusetts on the 25th or 26th of June. Explore the baronial mansions of Newport, the inlets of Narragansett Bay, and the whaling town of New Bedford. Time to bike, time to hike, time to sail, time to whale, time to spin, time to swim, time to beat, time to eat, time to swing, don't miss out on a thing.

US dollars \$395.00 buys you 6 nights of pleasure if you come with friend. If you come alone you need more cash, US dollars \$695.00.

If time is tight, 4 nights with friend is only \$295.00. Alone, the cost is \$495.00

The price you pay includes rooms, maps, food and drink, parties, yachts and special things.

After May 1st, the minimum cancellation fee is \$75.00 for the four night trip and \$100.00 for the 6 night trip (double if you come alone). After the May 20th, the minimum cancellation fee is \$250.00 for the four night trip and \$350.00 for the six night trip (double if you are solo).

Reserve your place now. Send full payment and application form to:  
Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

Questions – call Richard at 741-2762 or e-mail Richard\_Suntreader@hotmail.com

### Application Form

Name: \_\_\_\_\_  
Room Mate: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
NFBCNo.: \_\_\_\_\_

4 Nights: \$295.00 per person double - \$590.00 per couple - \$495.00 single (21st to 25th of June)

6 Nights: \$395.00 per person double - \$790.00 per couple - \$695.00 single (20th to 26th of June)

Checks made payable to Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY 14031

4 Nights: \$29 couple - \$695.00 single (20th 5.00 per person double - \$590.00 per couple - \$495.00 single (21st

## Sophisticated Berlin – Mysterious Bulgaria

Berlin - a dynamic city of contrast - One of the most vibrant cities on the new Europe, juxtaposed to the drab remains of communism. Bulgaria - a country of marked contrasts - old roman ruins, byzantine monasteries, centuries old towns, life of today and years gone-by.

Depart Buffalo, Tuesday afternoon the 9th of September, to Berlin for 3 nights. then fly to Sofia for 8 days of biking. An extra night in Sofia completes the trip.

Return to Buffalo on Sunday the 21st of September.

Cost : \$2995.00 per person double. Add \$650.00 single.

The price you pay includes airfare, hotel, bikes, parties, most meals and special things.

After May 1st, the minimum cancellation fee is \$1500.00. After 01 July no refund. Price guarantee only until the 1st of April. Deposit \$1500.00 per person

immediately. Final payment due 15th of June.

Reserve your place now. Send full payment and application form to:

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

Questions – call Richard at 741-2762 or e-mail Richard\_Suntreader@hotmail.com

### Application Form

Name: Room Mate: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
NFBC No.: \_\_\_\_\_

Trip cost \$2995.00 double. \$3645.00 single. Deposit due with this form \$1500.00 Final due 15 June.

Checks made payable to Richard Lepie, 9325 Hunting Valley Rd N., Clarence, NY

# BOARD OF DIRECTORS

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## Roy's Membership Update

There are about 294 (287 last year at this time) members in the club so far. About 200 members from last year have not renewed yet.

Welcome new members; Susan, Bill, Billy, Kevin & Eddie Doherty, Michelle Smith, Laurie Steven, Tyler Lownie, Arnd Pralle, Kylah Wyatt, Patrick Hilkey, Joseph Schiro, Jr., Dondra, Paul, Joel , Elizabeth & Grace Decker, Margaret Giardini, Patricia Jarmuz, Andy Ryan, Travis Skelton, Harry & Jan Slocum, Joan Maher, Tim Thomsen, Elizabeth Zeid, Carol A. Smith, Patrick Capuson, Cristina Hunt, Paul, Adam & Susan Pelcynski, Dave Loreto, Herman Thompson

If you have something of interest to our members, email your information to [RRTOCHA@YAHOO.COM](mailto:RRTOCHA@YAHOO.COM). I will get the information out to the members on the Web if it follows NFBC guidelines.

### 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.

## Best of Coach Fred

### *How Can I Ride "Lighter?"*

**Q. Coach, you've commented that some people ride "lighter" than others. That is, they know how to unload their wheels at bumps and potholes while others hit these things with more force. Could you explain this technique? By the way, I weigh about 98 kg (215 lbs.). -- John W.**

Coach Fred Matheny Replies: Riding lighter has little to do with bodyweight but everything to do with technique.

While some riders plow into every bump and pothole in the road, others float. The bashers ruin wheels and headsets and suffer pinch flats. Riding "heavy" is hard on the crotch too because the saddle is driven like a jackhammer into soft tissue. Riding lightly, on the other hand, smoothes the road, saving equipment and the body.

#### **Here are 6 ways to help you ride light, like a cat:**

**Anticipate.** Look about 30-50 feet (10 meters) or more ahead. Scan the road for problems. If you don't see the rough spots in advance, you'll have to make sudden swerves to avoid them. That's dangerous in traffic or a paceline.

**Gear up.** When riding over rough areas is unavoidable, shift to a larger gear (the next smaller cog or two). Slide back and put more pressure on the pedals in order to reduce weight on the saddle.

**Relax.** If your upper body and legs are stiff and tight, bumps get transmitted through the bike directly to your body. Not good. Keep your knees and elbows flexed to absorb the shock.

**Coast calmly.** For big bumps like potholes or exposed railroad tracks, stop pedaling just before impact. Support your weight with a light grip on the handlebar and stand slightly on the pedals with the crankarms horizontal. Your hips should be about an inch off the saddle. Let the bike buck under your quiet body.

**Ride off-road.** Mountain bikers are often better than roadies at riding smoothly over rough surfaces simply because they have to do it almost all the time. After riding trails, you'll be better equipped to handle bad pavement.

**Consider wider tires.** If your frame can handle 25- or even 28-mm-wide tires inflated to 80-90 psi, you'll be amazed at how the added buoyancy cushions your ride on rough roads. Compliant tires make the above techniques even more effective.

If you want to see how the world's best roadies employ some of these tips to ride flat out over cobblestones the size of bread loaves, watch a Paris-Roubaix video or Versus's coverage in April.



# 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.)				

<b>Family Membership includes any two adults and their children under the age of 18 living at the same address.</b>		
<b>Membership</b>		<b>Status</b>
• 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

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[campuswheelworks@mybizz.net](mailto:campuswheelworks@mybizz.net)

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