



SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXIX

NUMBER 3

Aprilh 2009

Weekday rides start April 13th 11 am

See the daily ride schedule and calander on page 3 Both morning and evening rides start on Monday the 13th. Check the times and locations of your favorite as there have been a few changes.

There's a new kid in town on Friday nights

Tom Williams has organized a Friday Night ride in the North.. The ride will start at the Amherst Museum. For details see the schedule on page 3. Thank you Tom!!!!!!.

Find information inside on this year's club trip

SEE INSIDE FOR DETAILS

NFBC LOGO CONTEST IS NOW!!

Help us avoid an identity crisis and give us your best idea for a new NFBC Logo. See page 5 for all the details.

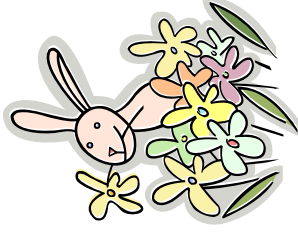
Reminder all memberships expired Feb 28th. renew yours if you haven't done so already



NIAGARA FRONTIER BICYCLE CLUB, INC.

We Ride Every Day

APRIL 2009 RIDE SCHEDULE



Date	Time	Ride #	Ride Name	Miles	Difficulty	Elev	Ride Start	Start Location	Ride Leader
Sat, Apr 4	11:00 AM	305	Maple Country Ride	35 / 23	XD/Mod	3100/1500	Arcade	Municipal Lot off Church St. in Arcade. From SR 16, go 2.8 miles east on SR 39. Turn L on Church St. Parking Lot is one block on the right.	Ron Wakefield 983-4293
Sat, Apr 4	11:00 AM	743	Dande Farms	34	Easy	0	Clarence Ctr	Clarence Central Elementary School, 9600 Clarence Center Road, near Goodrich	Tom Barone 240-9926
Sun, Apr 5	11:00 AM	357	Lancaster on the Weekend	38 / 26	Mod/Easy	0	Lancaster	Lancaster High School, 1 Forton Dr, between Central Ave & Pleasantview Dr.	Marty Payne 997-9324
Sat, Apr 11	11:00 AM	742	Lockport-Pendleton	38 / 32	Mod/Easy	1000	Amherst	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Ron Kalka 570-1319
Sat, Apr 11	11:00 AM	709	Toy Town Tour	35 / 28	Mod	?/690	East Aurora	Public lot north of Main St. Off Pine, East Aurora	Linc Blaisdell 479-9431
Sun, Apr 12 Easter	11:00 AM	382	New Ride from Westwood	35 / 27	0	0	Lancaster	Westwood Park, 175 Pavement Rd at Erie St., Lancaster	Brenda Fischer 984-1415
Sat, Apr 18	11:00 AM	366	Beaver Meadows Earth Day Ride	39 / 25	Diff/Mod	0	North Java	Beaver Meadow Audubon Center 1610 Welch Rd., N Java. Go S on SR 77. About 7 m from US 20A, L on Welch Rd. for 0.3 m, on R.	Pat Danaher 310-8136
Sat, Apr 18	11:00 AM	362	Clarence to Alden	43 / 25	Easy	600/300	Clarence	Clarence High School, Main St. at Gunville Rd.	Darrell Skelton 435-0244
Sun, Apr 19	11:00 AM	739	Millgrove Meander	34 / 25	Easy	0	East Amherst	Clarence Center Elementary School, Clarence Center Rd. east of Goodrich	Tom Barone 240-9926
Sun, Apr 19	11:00 AM	228	Four Way Split	35 / 24	MD/Mod	1650/800	Orchard Park	Parking Lot behind Municipal Bldg, Main St. & Quaker Rd. (Rt's 277 & 20A) Orchard Park	John Clauss 896-5650
Sat, Apr 25	10:00 AM	205	Multiple Choice -A	31	Easy	0	Amherst	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Liz Williams 759-8353
Sat, Apr 25	10:00 AM	206	Multiple Choice-B	61	MD	0	Amherst	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Liz Williams 759-8353
Sat, Apr 25	8:00 AM	207	Multiple Choice-C	100	XD	1700	Amherst	Richmond Lot off Frontier Rd, Ellicott Complex, SUNY at Buffalo	Kathy Karnath 308-6762
Sun, Apr 26	10:00 AM	273	Trash & Treasure Ride	33 / 24	MD/Easy	1400/700	Orchard Park	Chestnut Ridge Park, Casino Lot, Rt 277, Orchard Park	John Herman 698-8222
Sat, May 2	3:00 PM	746	Ebenezer Scootch	44 / 33	MD/Mod	1210	West Seneca	West Seneca Town Hall, Union & Main, West Seneca	John Clauss 896-5650
Sun, May 3	10:00 AM	98	Wide Waters Marina	30	Easy	NA	Amherst	Williamsville N. H.S. (Hopkins & Dodge)	Karen Sprada 684-9039
Sun, May 3	10:00 AM	338	Hunter's Creek	31 / 23	Diff/Mod	2000/1200	Wales Hollow	Wales Town Park, RT 20A, 3.3 miles east of RT 400, Wales	Linc Blaisdell 479-9431

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

April-09							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29 March	30	31	1 April	2	3	4	
Como Park Day Ride						Dande Farms Maple Country	
5	6	7	8	9	10	11	
Lancaster on the Weekend						Lockport-Pendleton Toy Town Tour	
12	13	14	15	16	17	18	
Easter - Ride from Westwood	N. Tonawanda 10 AM Clarence 6:00 East Aurora 6:00	Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00	Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	Clarence 10:00 AM ***Amherst 6:00*** Elma 6:00	Clarence to Alden Beaver Meadows	
19	20	21	22	23	24	25	
Millgrove Meander Four Way Split	N. Tonawanda 10 AM Clarence 6:00 East Aurora 6:00	Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00	Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	Clarence 10:00 AM ***Amherst 6:00*** Elma 6:00	Multiple Choice A, B, C	
26	27	28	29	30	1 May	2	
Trash & Treasure	N. Tonawanda 10 AM Clarence 6:00 East Aurora 6:00	Ellicott Crk 10:00 AM N. Tonawanda 6:00 Hamburg 6:00	Orch Park 10:00AM E. Amherst 6:00 Orchard Park 6:00	Como Park 10:00 AM Pendleton 6:00 Lancaster 6:00	Clarence 10:00 AM ***Amherst 6:30*** Elma 6:30	Ebenezer Scootch (3:00 PM Mixer)	

Notice that evening rides start April 13 at 6 PM until Friday, May 1 when they start at 6:30 PM.

Daily Ride Schedule

Monday AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Creek Rd., N Tonawanda	Bob Alessi	694-0853
Monday PM	Community of Christ Church, 5030 Thompson Rd, Clarence	Rebecca Ribis	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, lot at Creekside Rd. and Niagara Falls Blvd., Tonawanda	Alex Setlik	692-7045
Tuesday PM	West Canal Marina on Tonawanda Creek Rd at Townline, Pendleton	Dennis Powell-temp	691-6233
Tuesday PM	Municipal parking lot off Long Ave (opposite # 48) by fire hall & water tower, Hamburg	Matt Luly	648-8988
Wednesday AM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Marty Payne	997-9324
Wednesday PM	St. Mary's Church at Transit & Stahley Road, Swormsville, (Clarence)	Dennis Powell	691-6233
Wednesday PM	Municipal parking lot, S. Buffalo & E. Quaker Rds, Orchard Park	Frank Soltiz	937-6924
Thursday AM	Como Park, first parking lot on the right from the Como Park Blvd entrance, Lancaster	Dave Klock	681-5345
Thursday PM	Pendleton Town Hall, 6570 Campbell Blvd, between Bear Ridge & Beach Ridge Rds.	Jim Mathews	433-5317
Thursday PM	Lancaster High School, Forton Rd at Pleasant View, Lancaster	Ed Peters	685-1965
Friday AM	Community of Christ Church, 5030 Thompson Rd, Clarence	Lori Harf	601-7535
Friday PM	Amherst Museum, Tonawanda Creek S at New Rd, Amherst	Tom Williams & team	588-2981
Friday PM	Elma Meadows Park, on Rice Road at Girdle, Elma	John Herman	675-1944
Saturday AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd, UB N. Campus) Amherst	Marion Reslow	833-3615
Sunday AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie	601-7390

These weekly rides will begin Monday April 13, 2009.

The members riding the Saturday and Sunday rides listed here usually stop at a diner for a quick breakfast along the way.

Rides starting in the south towns may be somewhat hilly, while north town rides are generally on flatter roads.

Daily Ride Start Times

Sat & Sun 'Breakfast Rides'	9:00 AM all season	9:00 AM in June, July and August
Weekday Morning Rides	10:00 AM in April, May, September and October	6:30 from May through August
Weekday Evening Rides	6:00 PM in April and September	

Official Party Rules

For members of NFBC biking is number one, followed by socializing with friends. Get together 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 usually bring a dish to share, beverage of their choice, chairs and funds for the 'kitty' to help offset the expenses incurred by the host(ess).

The Spokesman Deadline is the 15th of the month preceding the month in which the information is to appear.

Sue Williams is our new sunshine committee chairperson. Contact her at 688-2981 when a member needs some sun.

OFFICERS AND BOARD MEMBERS

Officers

President
 Lincoln Blaisdell (479-9431)
 4715 Ransom Road
 Clarence, NY 14031
 linc43@roadrunner.com

Vice-President

Jean Frederick (692-3611)
 588 Sweeney Street
 North Tonawanda, NY 14120
 jeanbike1@msn.com

Secretary

Dennis Powell (691-6233)
 1031 Tonawanda Creek Road
 Amherst, NY 14228
 powelldj@roadrunner.com

Treasurer

Kathy Karnath (688-2968)
 159 Wyeth Drive
 Getzville, NY 14068
 kkarnath@seagatealliance.com

Board Members

Ian Currie (601-7390)
 162 Nichter Road
 Lancaster, NY 14086
 lan63@roadrunner.com

Brenda Fischer (683-3961)
 11 Lake Forest Parkway
 Lancaster, NY 14086
 bfischer@moog.com

John Herman (675-1944)
 317 Forest Drive
 West Seneca, NY 14224
 nikelee816@aol.com

Ron Wakefield (877-2140)
 P.O. Box 237
 Kenmore, NY 14217
 ron.wakefield@verizon.net

Liz Williams (759-8353)
 4614 Hampstead Drive
 Clarence, NY 14031
 brightbluesky9@aol.com

Spokesman Editor

Bob Mahaney (208-1633)
 103 Wilbury Place
 Buffalo, NY 14216
 rmahaney@austinair.com

Membership Chairperson
 Roy Tocha (627-7946)
 11 North Eaglecrest Drive
 Hamburg, NY 14075
 rrtocha@yahoo.com

Club Historian

Jim Vozga (741-9440)
 5830 Strickler Road
 Clarence, NY 14031
 voz@aol.com

NFBC Trip to Saratoga 15th - 20th of July

The format has changed: there will be only one option--5 nights, Wednesday to Monday. We'll still have all the fun, thrills and excitement of days gone past. New this year is the Creamed Brandy Social. What else? One does like surprises.

If you pay early, there will be a discount. So hurry: fill out the application and mail it with your full payment today.

The price per person 2 to a room is \$290.00, but before the 15th of May only \$275.00. The price per person 1 to a room is \$525.00, but before the 15th of May only \$500.00.

Mail the application & check to: Richard Lepie, 9325 Hunting Valley Rd North, Clarence, NY 14031 (716) 741-2762 Richard_suntreader@hotmail.com

Cancellation Fees: before 15 May -- none; after 15 May -- \$100.00 per person; after 15 June -- \$150.00 per person; after 01 July -- \$250.00. Double fee for single room. If you find a substitute to take your space, there is no fee before 01 July.

NFBC CLUB TRIP - SARATOGA, NY 15TH TO 20TH OF JULY 2009

NAME: _____ ROOMMATE: _____

NFBC NO: _____ NFBC NO: _____

ADDRESS: _____ ADDRESS: _____

Phone: _____ Cell: _____ Phone: _____ Cell: _____

E-MAIL: _____ E-MAIL: _____

Check payable to Richard Lepie .

Early bird: \$275.00 per person double (\$550.00 Total) \$500.00 single Late bird: \$290.00
 per person double (\$580.00 Total) \$525.00 single

If your roommate intends to file a separate application, fill in his or her name only. Both checks and applications must be received for the space to be reserved.

A New Season Brings New Contest

The NFBC needs a new logo. Rather than paying an advertising agency thousands of dollars and winding up with something that resembles a cheese-puff, the board decided to sponsor a contest to have our members design it.

The contest starts April 1 and submissions must be in by June 1, 2009. You may submit as many designs as you like. Only one will be chosen. Submissions can be either electronic (jpg, pdf, bmp, tiff) or hard-copy. Send electronic submissions to: webmaster@nfbc.com. Mail hard-copy submissions to:

Linc Blaisdell
4715 Ransom Rd.
Clarence
NY 14031

We're looking for something bold and modern. The logo will be used for the website, letterhead, future jerseys, and advertising. Some important things to keep in mind:

- Limit you use of colors
- Don't use fine details that will be lost when the size is reduced
- Select colors that will "translate" to black-and-white/ grayscale printing
- The ratio of length:width should be 0.5 – 2, e.g. 4"x 8", 5" x 5", 6" x 3"

The logo need not include our full name, or our current slogan(s) "Niagara Frontier Bicycle Club", "We ride every day", or "Look for us on the road". These may be added as needed.

The board will select the top ten submissions. These will then be put up for a vote, by the members.

What's the prize? A \$50 gift certificate to the tattoo parlor of your choice, so you can proudly wear your new design on the body-part of your choice.

Any questions should be sent to: webmaster@nfbc.com.

Changes to the Week Night Schedule

We have added another option for Friday night rides. This ride will start from the Amherst Museum, Tonawanda Creek S at New Rd. Amherst following the same start time schedule as the other evening rides. Tom Williams has organized a group of members to share the Ride Leader duties. The team members are:

Tom Williams
Jane Armbruster
Colin Fritz
Ann Hulbert
Ron Kalka
Frank Lamarca
Amy and Dan Murdock
Karen Ostrum
Joe Pizzuto
Larry and Barb Reade
Elaine Rubenstein

Tom will create the rides and coordinate who takes charge on each Friday night. With this teamwork the individual commitment is minimized.

John Herman is leaving his post as the Tuesday north ride leader and taking over the Friday south ride from Elma Meadows so that Brenda can relax and not feel pressured to ride so many miles! John is anxious to get out on the hills, but Brenda will be giving him her flatter ride options too, so the ride will still appeal to all riding abilities. John will also have a team of volunteers to help him out when he needs a Friday night off from his duties.

We still need a volunteer to take over the Tuesday night north ride from West Canal Marina in Pendleton. Dennis Powell will temporarily handle the ride leader duties but does not expect to do it for the whole season, since he is already taking care of the Wednesday night north ride. If you can help out either full time or part time please notify Dennis or any other member of the ride committee.

Notice that the ride scheduled for Saturday May 2 is scheduled to start at 3:00 PM. The intent of this schedule is encourage everyone to get together for dinner at a local restarant after the ride.

For Immediate Release

New Mileage Calculation Method for 2009 Season

In response to complaints from members about how club mileage is recorded, we are making some changes for the 2009 season. We are adopting the German "Ein Weltbehürmpt Immerpünktlich Totalbilanz Zusammenrechnen" or "Ein WITZ" system for mileage calculations in 2009. (Translates roughly as the world-renowned always-correct total record-collector.)

This system takes into account a number of factors that we've previously ignored and adjusts for them. Rather than bore you with math that only an economist on LSD could explain cogently, the following list summarizes the points you need to keep in mind.

1. Elevation counts: Mileage in the ride is multiplied by total elevation/1000.
2. Time counts: You must average >10mph for the ride.
3. We're not a racing club: You must average <18mph.
4. Age counts:
 - a. 1% bonus for each year over 50
 - b. 1% penalty for each year under 40.
5. Weather counts:
 - a. Double miles for rain
 - b. Triple miles for snow
 - c. Double miles for temperature below 40°F
 - d. Double miles for temperature above 80°F
6. Double mileage for riding to and from the ride start.
7. Beer Bonus: 10 miles for bringing beer to the ride (It's a German system)

As you can see, depending on conditions, your mileage may vary. If you want to discuss this system with German cyclists, and sound Euro-smart, simply tell them, "the new system is "ein Witz". They'll understand, immediately.

Respectfully submitted,

The Committee

NFBC Parties and Events 2009

Parties

Sun, Mar 15	St. Pat's Ride - first ride of the year
Sat, Apr 18	Beaver Meadow Earth Day Ride
Sun, Apr 26	Trash & Treasure
Sat, May 2	Ebeneezer Scootch 3:00 PM Ride
Sun, May 10	Mother's Day Party Ride
Sun, May 17	Niagara on the Lake Pancake Ride
Mon, May 25	Memorial Day Ride - Jim & Kathy Vozga
Sun, Jun 14	Strawberry/Wine Ride at Merritt Winery
Sun, Jun 21	Father's Day Ride
Sun, Jun 28	Kathy's Kaper - Karnath's Party
Sat, Jul 4	Buggy Buster - Pat Danaher
Sun, Jul 12	Tocke's Party Ride
Jul 15 - 20	Club Trip to Saratoga, NY
Sat, Jul 25	Linc's Orienteering Ride
Sat, Aug 1	Debbie's Ellicottville Party
Sun, Aug 2	Swank's Highlander & Lowlander
Aug 8 - 9	Chautauqua Weekend
Sat, Aug 15	Day / Night Before CanAm Events
Sun, Aug 16	CanAm Century
Aug 20 - 23	Bike Train Trip to Toronto
Sat, Aug 29	Club Picnic
Mon, Sep 7	Labor Day Party Ride
Sat, Sep 12	Audubon 100th Anniversary Century
Sat, Sep 19	Lancaster 3:00 PM Ride / Dinner
Sun, Sep 20	Skulpture Park Ride & Hike
Sat, Sep 26	Rochester Bike Club joint ride
Sun, Oct 4	Trash & Treasure
Oct 10 - 11	Seagull Century Weekend Trip
Sat, Oct 31	Cider Ride and Tailgate Party
Fri, Nov 13	Year End Banquet

Centuries

Sat, Apr 25	Multiple Choice
Sat, May 23	Member's Memorial
Sat, Jun 13	Iron Lung
Sat, Jul 11	Lake O Century
Sun, Aug 16	CanAm Century
Sat, Sep 12	Audubon Century
Sat, Oct 17	Run to the Reservoir

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

Address Address Change? Yes No

City State Zip Code Phone Cell

Email1 Email2 Email Change? Yes No

We will distribute a list of our members' email addresses, home addresses and phone numbers to NFBC club members and to local bike shops, unless you check the following spaces: NFBC NO LOCAL BIKE CLUBS NO

Primary Member/Guardian	Signature	Date		Member No.
Additional Members:			Birthdate (if under 18)	

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

Membership	Emailed Newsletter	Postal Newsletter
Individual	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
Family	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00
Map Packet CD	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
TOTAL	\$	\$
Status	<input type="checkbox"/> New	<input type="checkbox"/> Renewing

Send check (payable to NFBC) along with signed application to:

NFBC Inc.
 c/o Roy R. Tocha
 11 N. Eaglecrest Dr.
 Hamburg, NY 14075-1807

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 ANSI 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.

CYCLING SHORTS



Watch Yourself Pedal

Do you realize there's a coach with you on every ride?

Especially early or late in the day, your shadow is traveling beside you. Watch it to observe your form and correct flaws.

This is one of Ed's favorite tips. He often uses his shadow's objective feedback, like the other day when nearing the end of a 2-hour ride before sundown. His shadow was long and off to his right, easy to watch as he pedaled on a country road.

What he noticed reminded him of what **Connie Carpenter**, the former Olympic road champion, often tells riders at her Carpenter/Phinney Bike Camps: "Get your shoulders out of your ears!"

Yep, after 3 decades on the road Ed still has that tendency. He doesn't think about it, but his shadow reveals it. It's a form flaw that signals upper-body tension and, on long rides, can cause neck/shoulder fatigue or pain.

What else does the shadow know? Watch yours (when traffic is clear and the road is clean) to spot correctable defects such as:

- **Locked elbows.** Keep them slightly flexed and loose.
- **Bobbing upper body.** Reduce excessive movement to save energy and improve bike control.
- **Improper back angle.** A good road position will put your back at 45-50 degrees to the vertical when you're gripping the brake lever hoods.
- **Improper saddle height.** It's probably too high if you see your pelvis rocking.
- **Excessive forward lean.** On out-of-saddle climbs, be balanced between the wheels, not cantilevered over the handlebar.

Tip! To get similar helpful feedback when a rainy day forces you inside, put a large mirror next to your trainer.

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NIAGARA FRONTIER BICYCLE CLUB

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BUFFALO N. Y.

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Buffalo, NY 14222
716.881.3613

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

E-Mail: handlebarscc@aol.com Website: handlebarscc.com

Tom's Pro Bike

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