



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

Volume XXVII

NUMBER 6

AUGUST 2006

## Club Picnic Sunday, August 20th 10:00 am

Four New Rides Available: *See ride schedule for details*

Clarence Town Park, Goodrich Road (adjacent to Clarence Town Hall) Ants, storm clouds, spilled beer...not this year!

The annual bike club picnic will be held under blue, bugless skies on Sunday, August 20th, 10:00am til 4 pm at the Lion's Den pavilion in the Clarence Town Park on Goodrich Rd.

It would be very helpful if you could bring a dessert to pass.

Because this year's picnic is caterd, there will be a \$5.00 charge.

**SEE PAGE 2 FOR EVENT DETAILS.**

# A Presidential Affair After-Ride Party Aug. 26

I've been told that NFBC presidents, past and present, are obligated to throw a party. I'm finally fulfilling my obligation. Neither of the two rides on Saturday, August 26 is very far from my house at 4715 Ransom Road, less than half a mile from Main Street in Clarence. The easy 31-mile Billy Bob ride starts at the Clarence Middle School on Greiner Road, and the difficult 45-mile Alden Center to North Java ride starts at a restaurant on Rte. 20.

I plan on smoking 50 pounds of pork butt (and I will

inhale) that Millie will help me turn into BBQ. Bring a dish to pass and a chair. I'll have some soft drinks (as per the "party rules") and I'll also provide some beer and wine. If you want white zinfandel or light beer, however, I may be out so be sure to bring your own.

I have rented a tent to cover much of the back yard, so the party will go on even if the rides do not. Show up anytime after noon or whenever you finish the ride. Bring a dessert to pass.

**ELECTIONS OCTOBER 20th**

**SEE PAGE 3**



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## Ride Schedule & Activities

Date	Time	Map	Miles	Elev.	Rating	Ride Name	Leader/Phone
08/05/06	Sat 09:00	27	33	660	Easy	<b>Hamburg to Lake Erie:</b> Parking lot off Main St. in the Village of Hamburg, NY @ the NW corner of intersection of Rts. 62 & 391, Hamburg	Bruce Jansen
08/05/06	Sat 09:00	288	50	3020	XD	<b>To Hill and Back:</b> East Aurora Shopping Plaza, Grey St., East Aurora	Tim Leach (537-9891)
08/06/06	Sun 09:00	129	40/32	1000/NA	Mod - Easy	<b>Lockport-Pendleton:</b> Amherst Museum at New & Tonawanda Creek S., Amherst	Lori Harf (681-3719)
08/06/06	Sun 09:00	152	72/52	5300/NA	XXX-XD	<b>A-A ProtestRide:</b> Church St parking lot, North of Rt 39, village of Arcade	Ron Wakefield (877-2140)
08/12/06	Sat 09:00	320	48/39	NA/NA	Easy	<b>Eagle Harbor:</b> Iroquois Wildlife Refuge at Cayuga Pool Overlook parking lot on Lewiston Rd (Rt. 77)	Liz Williams (634-1459)
08/12/06	Sat 09:00	261	63/37	3000/1800	XD/Dif	<b>New New Oregon Road II:</b> Pat's Place, 207 Eisenhower Ave., Angola, NY	Pat Danaher (838-0280)
08/13/06	Sun 09:00	337	38	800	EZ	<b>The Plank:</b> Parking Lot off Long Ave (entrance is opposite #48Long) near the fire hall & water tower, Hamburg	Cindy Stachowski (868-7005)
08/13/06	Sun 10:00	NA	40/32	NA	M-D	<b>Sandy's Chautauqua Ride:</b> Chataqua Institute main gate, Rt 394, 3 miles south of Mayville - See Article	Sandy Noble (357-9015)
08/19/06	Sat 08:00	256	68/30	4900/NA	XXX	<b>Silver Springs Switchback:</b> School parking lot, Woodchuck Rd, off Rt 20A, Wales Hollow	Marty Payne (997-9324)
08/19/06	Sat 09:00	313	50/39	NA/NA	Mod	<b>Oak Orchard:</b> Village Green (Russell Park) in Akron (Main St & Church), Akron	Jean Frederick (692-3611)
08/20/06	Sun 10:00		46/37/32/25		Mod/Easy	<b>Annual Club Picnic:</b> - See article	R. Lepie/Alex S./J Vozga
08/26/06	Sat 09:00	82	45	2600	Diff	<b>Alden Center to North Java:</b> Restaurant at corner of RT 20 & 3 Rod Rd., Alden	Debbie Matheliano (445-0398)
08/26/06	Sat 10:00	312	31	NA	Easy	<b>Billy Bob:</b> Clarence Middle School, corner of Greiner & Strickler Rds, Clarence	Linc Blaisdell (759-6215)
08/27/06	Sun 08:00	227	58/37	3500/NA	XXX/Dif	<b>Boston Baked Buns:</b> Lot behind Fleet Bank, Main (north west corner of Rt 62 & 391) Hamburg	Cindy Stachowski (868-7005)
08/27/06	Sun 09:00	259	34	1540	MD	<b>Half-Baked Buns:</b> Lot behind Fleet Bank, Main (Rt. 62) Hamburg, NY	David Buonerba (692-3611)

# AUG 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Hamburg to Lake Erie To Hill and Back
6 Lockport-Pendleton A-A ProtestRide	7	8	9	10	11	12 Eagle Harbor New New Oregon Road II
13 The Plank Sandy's Chautauqua Ride	14	15	16	17	18	19 Silver Springs Switchback Oak Orchard
20 CLUB PICNIC	21	22	23	24	25	26 Alden Center to North Java Billy Bob
27 Boston Baked Buns Half-Baked Buns	28	29	30	31		



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## DAILY RIDE SCHEDULE

<b>Mon</b>	<b>AM</b>	<b>New Start -North Amherst Fire Co.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>Sheila Buonerba (662-2762)</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

## Elections

At the October 20th general meeting, the NFBC will hold its biennial election of officers and board of directors. The nominating committee will present a slate of candidates and nominations may also be made at the meeting, as per our NFBC constitution which you may view at the website. Gary Stevens, April Dunlap, and Dennis Powell will serve as this year's nominating committee. If you are interested in being an officer or serving as a board member, contact a member of the nominating committee to make the committee aware of your interest.



# SPOKESMAN

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  
nfbclub@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  
Billjmcl@aol.com

### Treasurer

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

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

### Membership

Roy R. Tocha (627.7946)  
(716-574-6007)  
11 Eaglecrest Drive  
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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 454 members in the club.  
There are about 97 new members.

### Welcome new members;

Dave Wutz, Ada Chan, Anne Ayers, (returning) Bob & Kim Patterson, Darlene Gorski, David Schmude, Ernie & Vadonna Pipiles, Gerry Poydock, Karen & Gary Ostrum, Kathleen & Greg Wiltrout, Martha McCluskey & Carl Nightingale, Mohamed Zeid, Sandra & Howard Goetterman and Timothy Leary

If you have something of interest to our members, email your information to [RRTOCHA@yahoo.com](mailto:RRTOCHA@yahoo.com). I will try to get it out to the members on the Web.

*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. Be a welcomed partygoer and do your share to make these get-togethers continued successes for the club.

## 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.



# SPOKESMAN

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## Can-Am

I hope that all of you are enjoying the great weather at the midpoint of this year's riding season. I'd like you to think about a club ride that's coming up as we cycle into autumn.

Mary Alice Tocke and the Can-Am Bicycle Tour committee have been working hard to establish a new invitational club ride scheduled for Sunday, September 10th this year. You've read announcements about it in previous issues of the Spokesman. In order to finalize plans, Mary Alice and her committee need to have people sign up for the ride by August 10th.

The committee has publicized the event in New York, neighboring states, and Canada. Now we need to make a big push to attract local riders, particularly NFBC members. We hope that many members of the club will sign up for the ride and help establish this event as an annual club function.

Many members of the NFBC travel to Maryland each year to enjoy the Seagull Century. Many members of the club contribute

# Message from the President

to charity each year by riding on the Tour de Cure and Ride for Roswell rides.

There are lots of reasons for our members to pay the \$35 fee and join in this ride as well.

What will you get for your \$35? You'll be helping to support your club and the sport of bicycling in general. You'll be helping to support our Niagara Frontier region. You'll have the usual satisfactions of engaging in one of your favorite activities with people you like. But there are some further "perks" you'll get from this ride. You'll get an event tee shirt, food at the rest stops, and a catered picnic at LaSalle Park at the end of the ride. And, because it is a club ride, your miles will even count toward your total for the season!

The registration form is on the club website, but it's also right here in this issue! I've sent in my check and registration form. Please mail yours to Mary Alice Tocke, 8053 Back Creek Road, Hamburg, NY 14075 TODAY!!!

Rider Information						
Print CLEARLY! Last Name			First Name			
Street Address			Apt. #			
City		State		Zip		
Phone		E-Mail				
In case of emergency call						
Route (circle one)		100 M	100 K	35 M	T-Shirt Size	Age if under 21
Ride Payment: My check for \$35 is enclosed. _____						
Waiver of Indemnity (signature here acknowledges agreement with waiver form below):						
Saturday Pasta Dinner Option (Complete information will be in ride packet.)						
Frank Lloyd Wright Tour -		yes	no	1:00 or 2:00	\$12 (Students \$8)	
Register by Phone: (716) 856-3858				Saturday or Sunday		





# SPOKESMAN

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# Club

# Trips

## Bravissimo Italy

**You asked for it and it shall be. Rome – 3 nights, Bike Tuscany 6 nights, Florence 2 nights.**

Depart Buffalo or Toronto Tuesday afternoon or evening, the 29th August. Fly overnight to Rome, with arrival in Italy the next morning. Return from Florence on Sunday, 10 September.

\$2995.00 per person double for airfare, transfers, hotels, breakfasts, bike rental, some lunches, and many 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 N., Clarence, NY 14031.

The final is due at the Hunting Valley Rue by 15 June.

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

Questions: call Richard at 741-2762.

### SIGN UP TODAY!

### Application Form

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

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

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

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

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

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

See Description for Trip Costs - Separate checks payable to Richard Lepie

## Chautauqua “Party” Ride

Everybody is welcome to come to the beautiful, scenic, Chautauqua ride on Sunday, August 13. It's only one hour, 15 minutes from Buffalo!

**\*\* A special invitation from Sue Williams \*\***

In addition to the Annual Craft Fair on the Institution grounds, new entertainment is offered for those club members, family members, friends, or significant others who would like to do something while the others are riding.

There will be a trip offered to the famous Chautauqua shopping Mecca, better known as the Mall, with stops at antique stores if anyone is interested.

We will also stop at the Red Brick Market, which includes a couple of shops, and Haff Acre produce market. Delicious home-grown corn and homemade pies can be purchased.

When you RSVP for the ride and lunch at the Nobel's, please let Sandy know if anyone who is coming with you would be interested in the above trip.

As before, all can use the Nobel's place at 19 Waugh (corner of Pratt) on the Chautauqua Institution grounds as a 'base' and meeting point. We will welcome everyone here for lunch after

the ride.

To reach Chautauqua take the Thruway to Exit 60, turn left on Rt.394, go thru Westfield and Mayville, reaching Chautauqua 3 miles past the Mayville Community Park. Park in the Main Lot - on your right. The rides will start at the Main Gate at 10 o'clock.

Admission to the Institution is free on Sunday, but hold your ticket - you need it when you leave. If you don't pay for parking when you arrive - I'll have discount coupons if you'll leave after the 1pm cutoff for free parking.

We are located on the 1st floor of the Ithaca at 19 Waugh (corner of Pratt) directly behind the Smith Library and behind the Amphitheater. Just follow the Smith Library and Amphitheater signs and you'll find us. If walking over, from the Main Gate go down the brick walk (Vincent) to Bestor Plaza (3 blocks). Turn right on Pratt. You'll pass Smith Library (on your left) and find us right at the end of Pratt.

Afternoon activities on the grounds will include an amphitheater program at 2:30, tours, swimming, golf, tennis, browsing at the craft fair, or just wandering the grounds on foot, bike, or riding a free tram or van on one of several loops – see if you can find Thomas Edison's summer cottage.

**Look forward to seeing you.**

Margie & Sandy Nobel

357-9015

Sue & Tom Williams



# SPOKESMAN

Niagara Frontier Bicycle Club, Inc.

# Health & Safety

## Best of Coach Fred *Why Does My Foot Go Numb?*

Question: After about 20 miles of riding my left foot goes numb. If I get off the bike for a few minutes, the numbness goes away but quickly returns. Strangely, if I'm climbing it doesn't seem to bother me as much. What gives? -- Byron M.

Coach Fred Matheny Replies: It's unusual that your foot goes numb on the flats rather than on hills when you're putting more pressure on the pedals. It's not too unusual that only one foot is affected. Lots of people have feet of slightly different dimensions, causing one shoe to be too tight if the pair is sized for the smaller foot.

Here are three ideas based on my riding and coaching experience.

---Your problem could simply be a case of "hot foot" from a shoe that's too tight, compressing the nerves between the metatarsal bones in the forefoot. You could try wider shoes, thinner insoles and socks, or

an insole with a "metatarsal bump" under the forefoot to spread the bones and relieve pressure on the nerves.

---Assuming your shoes fasten with three hook-and-loop straps, adjust them this way: Simply lay down the bottom strap (nearest your toes) without pulling it. Pull the middle strap slightly tight. Snug the top strap as firmly as you like. This technique helps your feet feel secure but adds no pressure to the metatarsals.

---Standing on hills may result in pulling up more, relieving pressure of the ball of your foot and those problematical nerves. Try standing periodically on flat roads to see if that helps.

For additional advice about numb or burning feet, see "How to Solve Painful Hot Foot" (along with 17 other helpful articles on various topics) at <http://www.roadbikerider.com/articles.htm>

## Uncle Al: *Shimmy Shimmy Ko-Ko-Bop*

A roadie comes into the shop, white as a sheet, after experiencing dreaded high-speed shimmy.

"Never happened before," he says. "Something's wrong with my frame, my wheels, my headset, my college education and perhaps my entire existence." I assured him that under certain conditions, shimmy (also called speed wobble) can happen to any bike, even when it's never happened before. Throw in a curvy 40-mph descent, add a blustery crosswind with a pinch of rough pavement and you've got the makings of a Motown tune.

Bicycle wheels are like gyroscopes. The faster one goes the greater the gyroscopic effect, meaning the wheels want to stay vertical and run straight down the road. That's all good unless you're descending at warp speed in conditions just described. Get those two gyros out of harmony, add that spring in the middle we call the frame, and you've got a wild ride. The frame has no shock absorbers so it's up to you to become a damping device -- instantly!

Screaming won't help so do the best thing to calm those opposing gyros: Clamp the frame's top tube between your knees. This will quickly bring the

wheels back into harmony. It's like marriage counseling for them, and you get to live happily ever after.

Four hints that help:


---If your bike is super light and prone to shimmy, rest a knee against the top tube on every descent.

---If you ride a compact frame (or a folder) and can't clamp the top tube because it's nowhere to be found, probably the best thing to do if shimmy starts is brake firmly to a slower speed, although some daredevils say it works better to speed up.

---Put weight on the front wheel. Don't sit up and lean back or it will flutter like that annoying shopping cart when you're speeding through the Piggly Wiggly.

---Don't accept shimmy as normal and live in fear of descending. Make an appointment with your local shop if it's happening with any regularity. A long list of mechanical problems can contribute to shimmy and most are fixable.

NOTE: There's a lot more about shimmy and its possible causes on two pages of the RBR website, <http://www.roadbikerider.com/UArant.htm> and <http://www.roadbikerider.com/yourturn2.htm>



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100th Anniversary